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THE VALLEY PATRIOT

'Weather 101' with Al Kaprielian

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Haverhill WWII Veteran Jenkins Receives France's Highest Military Honor

HAVERHILL, MA – Congresswoman Niki Tsongas (MA-3) is honored to announce the induction of Ray Jenkins of Haverhill, MA into the French Legion of Honor.

The French Legion of Honor is the highest decoration bestowed by the country of France. It is bestowed upon those who have served France defending liberty. American veterans who risked their lives during World War II and who fought on

French territory qualify to be decorated as Knights of the Legion of Honor. The French Legion of Honor is an order of distinction first established by Napoleon Bonaparte in May of 1802. Only approximately 10,000 Americans have been bestowed the honor, including Generals Dwight D. Eisenhower and Douglas MacArthur.

Sergeant Raymond Jenkins served

JENKINS: PAGE :19

Kingston Veterans Club Presents Annual Gift to Merrimack Valley Hospice

The Kingston Veterans Club recently presented Merrimack Valley Hospice with a generous gift in honor of the compassionate care provided to members and their families this past year. The \$500 gift was presented by club member Greg Queene at the agency's annual Candles of Remembrance ceremony held at the Renaissance Country Club in Haverhill, MA.

"So many people come together at Candles of Remembrance to celebrate the lives of those they have lost. Many choose to make a donation in support of Merrimack Valley Hospice as a way to pay tribute to those who have passed and to help others receive hospice care when needed," said Donna Deveau, Vice President of External Relations and Development for Home Health Foundation. "We are touched that the Kingston Veterans Club chooses to make their annual gift at this event, to honor the lives of our US Veterans who served this country

and to help support the services that we provide to their members and the community. This is such a meaningful gift."

The Kingston Veterans Club was established in 1946 by a local group of returning, WWII veterans. They coordinate a variety of annual fundraising activities to support local community organizations and veteran services.



Merrimack Valley Hospice is a not-for-profit agency providing comfort care and supportive services to patients nearing the end of life, and bereavement services to their families and loved ones. Together with Home Health VNA and HomeCare, Inc., the agencies provide

a full continuum of home health and hospice care in more than 110 communities throughout the Merrimack Valley, Northeastern Massachusetts and Southern New Hampshire. Merrimack Valley Hospice also serves the Southern Maine region as York Hospital Hospice. For more information visit MerrimackValleyHospice.org.

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Trumping Two Bills, One Camille and a Hill

Jeff Katz
VALLEY PATRIOT COLUMNIST

Bill Cosby, once seen as the elder statesman of American family friendly comedy now stands charged with a felony count of aggravated indecent assault and is only free to walk around because he was able to post one million dollars in bail. Most of America now looks at The Cos with disdain and scorn. He has lost millions of dollars in bookings and has been stripped of numerous honorary degrees, which had been awarded to him during his high flying days. One of the questions being asked is, how his wife was able to turn her head and ignore the multiple charges leveled against her husband over the years. Was Mrs. Cosby unaware that there were more than sixty allegations of sexual misconduct against her husband? Was she willing to simply look the other way in order to reap the benefits of being married to a successful performer? Did she enable his behavior so that she could continue to enjoy the life of a star's wife?

As Bill Cosby is preparing to stand trial, Bill Clinton is apparently preparing to figure out if his key to The White House's service entrance still works. Clinton, like Cosby, has been the subject of numerous accusations of sexual misconduct for decades including charges of rape and indecent assault. Clinton, like Cosby paid big bucks to settle a sexual harassment lawsuit. Clinton might be described as one of the most successful TV presidents but unlike Cosby, he was not playing a part. He was, in fact, the President of the United States and he became just the second president to be formally impeached by the House of Representatives. Unlike Richard Nixon who had the decency to resign

before he was formally impeached, Bill Clinton and his team launched an all out assault on those who dared to point out his boorish behavior, felonious conduct, and perjurious testimony. Chief among his enablers and defenders was Hillary Clinton. She was so determined to hang out in the west wing, that she was willing to ignore her husband's preying on a young intern barely older than their own daughter.

Camille Cosby has, so far, said nothing about her husband's alleged misconduct. Hillary Clinton, on the other hand, is now actively running for the very same office her husband used for less than official meetings. Further, with the Democrats' national machine working overtime to ensure her coronation as the party's standard-bearer, she has turned her outrage, be it feigned or real, towards Donald Trump. It may be difficult to explain some of Trump's comments over the years, but authorities have never charged him with sexually assaulting anyone. His statements may be seen as juvenile and politically incorrect but sophomoric jokes are hardly classified as high crimes or misdemeanors.

Hillary Clinton is especially outraged about Donald Trump's claim that Barack Obama "schlonged" her during her last presidential campaign. It is enough to disqualify the GOP frontrunner from ever serving as President she says. Meanwhile, Mrs. Clinton is hoping to move her husband, who is viewed as a serial sexual predator by many, back to the scene of his crimes.

Hillary Clinton is ready to deploy her husband as a major campaign tool while Camille Cosby is trying to figure out if her husband will spend ten years behind bars. Hey, hey hey...who's the real putz?



“WEATHER 101” WITH AL!

Warmest December Ever

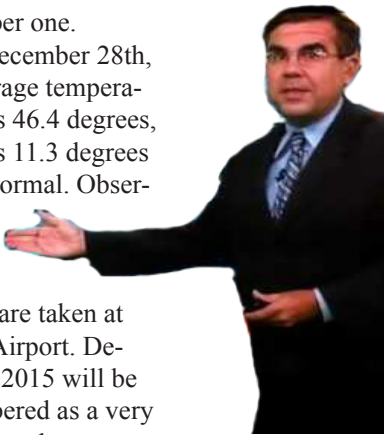
Al Kaprielian
VALLEY PATRIOT WEATHERMAN

As December neared the end, we finally saw our first winter storm with snow, sleet, freezing rain, and rain. December 2015 will go down as the warmest December on record ever for Boston at number one.

On December 28th, the average temperature was 46.4 degrees, which is 11.3 degrees above normal. Observations for Boston are taken at Logan Airport. December 2015 will be remembered as a very warm month as new record high temperatures were achieved. Christmas Day saw temperatures of 65-70 degrees, which is more indicative of spring than winter.

What caused this unusually warm weather? The answer is a large upper level high pressure system (referred to as the Bermuda high) This high pressure was unusually strong and as a result sent the jet stream well to our north & west. This put not only New England, but also much of the east coast on the warmer side of the jet stream. New York City saw temperatures in the 70's on Christmas Day. Shorts and t-shirts replaced winter coats.

Now with a new month and new year, a change in the weather pattern. The upper level high in the Atlantic has



now been suppressed to the south and will lose its influence on us. We will be getting colder air from the Arctic Circle and we can expect colder temperatures. The upper level trough will now move to the eastern US and cause the colder air to move down from the Arctic Circle. It is difficult to say how long this pattern will last. January is the coldest month of the year.

How much snow we get this month will depend on how much phasing occurs with the northern & southern jet streams. It seems as we get into February, the chance of blizzards increase. Remember, the Blizzard of 1978 occurred in February. As we get into March, large fluctuations occur in temperatures. Some days can be warm and then we can also get some big snowstorms. Now that we are in January, we will see the days continue to get longer and by later in the month, we will notice it getting dark later.

As more winter storms occur, remember to allow extra time on the roadways and keep the speed down. Give yourself extra time to get to work. Also, if your car is not in a garage, remember to remove all the snow off the car even the top (roof). Snow can blow off your car and reduce the visibility for the cars behind you. If running a generator, make sure it is well away from your house. NEVER run a generator in the garage!!! Have a safe winter and next month we will take another look to see what the weather pattern is doing.

In the meantime, you will need to bring back the winter coats, hats, gloves and scarfs.

Happy New Year!

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House Opioid Legislation Includes DiZoglio Bill to Limit Prescriptions to Children

Included in legislation to be introduced before the Massachusetts House of Representatives to address the Commonwealth’s opioid epidemic are two proposals from State Representative Diana DiZoglio (D-Methuen), including limiting the prescription of opioids to children and expanding substance abuse education in Massachusetts public schools.

The legislation, which is expected to be considered by the House in January, would for the first time limit patients prescribed opioids to a seven-day supply and persons admitted to the emergency room due to an apparent drug overdose would be required to undergo a substance abuse evaluation within 24 hours.

Under the bill, children are only allowed a seven-day opioid prescription, whether for the first time or not, unless there are extreme circumstances such as cancer or terminal illness.

The inclusion of this measure comes on the heels of legislation filed by DiZoglio, House Bill 3811, to regulate the prescription of the opioid OxyContin to children. DiZoglio’s bill came in response to the

FDA’s recent approval of the powerful painkiller, known in recent years for its frequent abuse, for children as young as 11.

“The legislation I filed earlier this year would have prohibited the prescribing of OxyContin to children,” said DiZoglio. “Unfortunately, such a ban would not pass through federal regulations. As a state, we are only able to do so much, as former Governor Deval Patrick found in his ordering of a ban on the opioid Zohydro in 2014, which was overturned by the U.S. District Court. I would like to see much stronger regulations but this marks a step in the right direction. Right now, there are no limitations in Massachusetts on prescription opioids. While we had to make some concessions through the committee process, the House legislation does expand limitations beyond OxyContin to all opioids and I am



very pleased with that. I am committed to working with the Committee to make further improvements throughout the process.”

Since the filing of the DiZoglio bill, a bipartisan group of federal legislators, including U.S. Senators Edward Markey (D-MA), Kelly Ayotte, (R-NH) and Jeanne Shaheen (D-NH), as well as Congresswoman Niki Tsongas (D-MA) and Seth Moulton (D-MA), have called on the FDA to reconsider their decision to allow the prescribing of such a powerful opioid to children.

A study from the National Institute on Drug Abuse found that in 2014, nearly 1 in 30 high school seniors had abused OxyContin and 1 in 20 had abused Vicodin. In 2009, the Massachusetts OxyContin and Heroin Commission found that in 2007 alone there were 4,544 substance abuse treatment admissions in Massachusetts

for persons age 15 to 19. The commission noted the second most-common source for obtaining prescription opioids was through a physician.

“Each day, according to the American Society of Addiction Medicine, 2,500 youth in the United States abuse a prescription pain reliever for the first time,” said DiZoglio. “The number of opioids prescribed to adolescents and young adults nearly doubled between 1994 and 2007 and this continues to be a serious problem. We have a duty to our children to regulate the distribution of such powerful drugs.”

In January, DiZoglio also filed legislation, House Bill 344, designed to expand and strengthen substance abuse education in Massachusetts public schools. In the Commonwealth, there has been a 90 percent increase in opiate overdoses from 2000 to 2012, with one in five high school students having reported being offered, sold or provided illegal drugs at school. This legislation to expand substance abuse education to all students was also included as part of the House proposal.

THE CENTER AT PUNCHARD

TRACEY’S DOGGIE COLUMN

BRIGHT IDEAS: WHO YA’ GONNA’ CALL? Monday, January 11 at 1:30pm. Free. Come share ideas for everything from appliance repair to zipper repair. Bring your list of “I need to find a...”, As well as your “I love my...”. We will explore services for home, car, yard and person.

WOMEN’S OUTDOOR ADVENTURES Monday, January 11 at 9am. Hike (or snow shoe) at Ward Reservation

THE HEALTHY BRAIN - Thursdays, January 14 and 21 at 1:30pm. \$6.

Understanding how the brain works, assessing your memory skills, adopting a brain-healthy lifestyle, and ways to exercise your mind are topics that will be covered. Learn how the advances in science have changed ways in which we view the aging process.

MEMORY CAFÉ
Thursday, January 14 from 1-3pm.

What’s more enjoyable than having a cup of coffee, sweets and enjoying some music with a friend? It may seem like one

of life’s simple pleasures, but for people living with memory loss it can be a rare one. Memory Café offers a welcoming place for people living with memory changes due to Alzheimer’s, vascular disease, Parkinson’s, dementia, or any other related conditions, as well as their friends and caregivers.

FRIDAY SPEAKER SERIES: MR. OLYMPIA - Friday, January 15 at 8:30am. \$4, includes breakfast.

By day, Andover native Dr. Fred Arrigg, Jr. specializes in restoring patients’ hearing and treating their dizziness problems. By night, Arrigg trades his medical coat for a high intensity workout that propelled the 62-year-old, Lawrence-based ear doctor to a win at the “Mr. Olympia” competition.

SONGS THAT MAKE US LAUGH, DURHAM, NH - Friday, January 15 from 8:30am-2:30pm. \$35.

Enjoy a fun-filled program featuring popular songs with humorous lyrics from Colonial times to the present, followed by lunch.

Honey, the Dentist Therapy Dog

TRACEY ZYSK
VALLEY PATRIOT DOGGIE COLUMNIST

Dr. Jim Hass of Haas Dental Associates in Derry, NH has a new member to his staff. No, not another hygienist, recent graduate, or even a new dentist. Dr. Haas, known as Dr. Jim to his patients, has added a cute, cuddly fluff ball named Honey to his team. Honey is a 13-week old Teddy Bear Golden Doodle dog.

Yes, a dog! Not your typical family pet dog, but a professionally trained Psychological & Psychiatric Disorder Dog.

Dr. Jim is known throughout New Hampshire for his talent in treating the most difficult pediatric cases while making it a positive experience for his young patients. His calm and soothing approach to anxious children can make even the most apprehensive child comfortable. Other dentists seek him out to treat children with special physical or emotional needs, as well as patients whom they are unable to treat for other reasons.

Dr. Jim read an article from the American Dental Association about a dentist in Virginia who had a therapy dog, and he thought bringing a therapy dog into his practice would only make sense. After additional research, Dr. Jim decided to move forward with this decision.

Therapy dogs are not family pets; they are an extension of the person in need.

These type of dogs work all the time whether it be the eyes to a person, physical strength for an individual, or even to be the emotional support to the person with a disorder. And we all know a hug and a sloppy kiss can calm the nerves of anyone that may be feeling a little anxious or just having a bad day.

A common question asked of parents bringing children to a dentist office with a dog: Is this Safe? Yes.

1. First and foremost, the American Disability Act allows certified, professionally trained therapy dogs to be present in all clinical settings. Including operation rooms.
2. Honey will be training under Maureen Ross, a nationally known therapy dog trainer, located here in New Hampshire. She was even named as one of Oprah Winfrey’s favorites.
3. Honey will be required to go through an intense 10-month training program, which will include everything from basic obedience to the actual core and clinical content. This includes interpreting any types of emotion and physical occurrences that may arise from an episode. Honey will be able to predict the behavior in the child, but will also be able to calm the child once the anxiety occurs.
4. Not all dogs will pass this training.

HONEY: PAGE: 16



Celebrate National Soup Month with Wasabi Steakhouse

National Soup Month



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Salem, NH— Soup is a dish that is enjoyed all over the world. It can be traced back as far as 6000 BC to Egypt where it was sold in street markets. It seems like every corner of the globe has put its own spin on it. Hungary has goulash, Spain has gazpacho, Vietnam has pho, and of course America has chicken noodle.

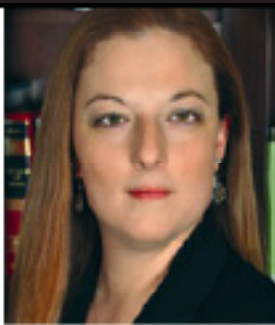
January is National Soup Month and Wasabi Steakhouse is the best place to celebrate! Most people know us for our fresh sushi rolls and exciting hibachi meals, but did you know we also carry a selection of delicious Japanese soups? With varieties like miso, osumashi, seafood, tom yum, and our new nabeyaki udon, there’s a soup that will appeal to everyone in the family. For more information, call Wasabi Steak House at (603) 890-1688, or visit their website at www.nhwasabisteakhouse.com.

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The *PULSE!*

Hill-Billy

John MacDonald
VALLEY PATRIOT LOWELL COLUMNIST

It’s an odd thing when the American entertainment industry blends popular couples by binding their names together. An example would be Brad Pitt and Angelina Jolie that got the name “Bradgelina” or when Ben Affleck and Jennifer Lopez cursed tabloid covers with the name “Ben-nifer”. However, let’s not forget when this odd tradition somewhat originated during the Clinton Administration years, where Bill Clinton and Hillary were considered one in the same... hence “Billary”.

Now as we are getting closer to the nation’s Presidential Primaries and Caucuses, we get closer to making a decision about who will be our next President. Democrats have offered up a limited field of candidates as the DNC has managed to rig the game for their presumptive nominee, Hillary Clinton. It’s unlikely that as popular as Bernie Sanders seems to be with progressives and people generally disgusted with establishment Democrats; that it will be enough to overcome the impending political Tsunami named “Hillary”.

Why do Democrats want to do this to themselves? Again?

Does anyone really think that Hillary cares about anyone other than herself? I mean is anyone falling for her “vote for me, because I care about woman’s rights” routine? How could you, when she openly accepts the way Islamic Terrorists and peace loving Muslims in the Middle East treat woman? Where was her voice when she was Secretary of State on this issue? When she was a US Senator for New York? First Lady? Oh, that’s right. Nowhere. It’s hard to believe a President Hillary would do much more than ignore the issue. Plus, gloating will dominate most of her time.

Are Democrats so desperate for a Hillary Clinton Presidency that they expect a majority of Independents and some pie-eyed Republicans in a General Election to overlook Bill and Hillary’s self absorbed past and present laundry list of egregious offenses? Let’s see... From the mysterious death of Vince Foster, Whitewater and Monica Lewinsky’s blue dress, to unsettling deals by the Clinton Foundation sell-



ing precious metals to the Russians, with then Secretary Clinton’s help. We want these snake-oil slick professional hucksters back in the White House? Democrats can’t do better?

I mean I’m no Bernie Sanders fan, but I can’t imagine the American public experiencing a political “Bern” style scandal or brew-ha-ha plaguing a Sanders White House. Well not anything more than an unpaid parking ticket, yelling at the kids to get off his lawn during the Annual Easter Egg Roll or a story of a President Sanders sending back soup at the Old Ebbitt Grill. Maybe...

That brings me back to Bill and Hillary. Or, I should now proclaim that Hillary gets first billing. Hillary and Bill. Or, let’s just say “Hill-Billy”. Yes... Hill-Billy pretty much sums up my expectations for what the country will gain from another Clinton Administration. Sorry, but my mind can’t wander past the thought of what would potentially be the first official Hill-Billy scandal? Would DC college aged female interns immediately be sent home after another “Lewinsky” situation? Would blue dresses be banned from White House functions? Will water damaged cigars be found dumped behind The White House bushes? Would North Korean agents be found sleeping in the Lincoln bedroom, with nuclear secrets under their pillows... again?

How about a Hill-Billy Administration? Who would Hill-Billy put in charge? Obama Administration retreads, Clinton

HILLBILLY: PAGE 27

Beneath the Surface

Primary Presidential Politics: Who to Choose?

Paul Murano
VALLEY PATRIOT COLUMNIST

It is now political season and New England must choose the nation’s front-runners for President of the United States. I don’t place my faith in politicians and neither should you, but the upcoming primaries could be vital to picking the man or woman who will choose the next few Supreme Court justices.

American presidential elections usually come down to “trust” vs. “change”. Conservatives look for someone they can ‘trust’ to ‘lead’ the nation and Progressives look for someone who will bring ‘change’ they can ‘hope’ in. Let us go beneath the surface on each of these bumper-sticker slogans. As G.K. Chesterton once said, “The business of progressives is to go on making mistakes, [and] the business of conservatives is to prevent mistakes from being corrected.”

Hoping in “change” is like getting excited about movement; the quality of the change or the direction of the movement are often not even considered. “Progressives” judge truth and goodness by a calendar rather than by reason, and the prospect of “going backwards” produces greater fear than grave and present evils. Even the current president repeatedly uses the term “the right side of history” as if it has any real meaning. Those who think the sacredness of human life, natural marriage, and personal integrity are outdated values will undoubtedly vote for Hillary Clinton or Bernie Sanders. For everyone else, there are a dozen other candidates to look at. Yet, who to choose?

Realizing there will never be a “perfect” candidate, I offer two basic questions to ponder: 1) Which candidate holds a value system or hierarchy of goods that is best for the common good?, and 2) Which candidate has the best shot at beating Hillary? Without the second, the first question makes little difference.

Let us first look at the candidates’ values. Reason can see the Bill of Rights and Declaration of Independence are correct in their proclamation that life is the highest human good, followed by liberty, and property or pursuit of happiness. This order is important because one cannot pursue happiness or attain property without liberty, and one can have no liberty without life.

All the Republican candidates seem to hold these values in proper order. They all know “freedom” to kill the innocent at any stage of life is not liberty; and all but Rand Paul believe that government has a legitimate role in supporting natural marriage, whose family structure is the foundation of civilization and the buffer between the individual and totalitarianism. All twelve Republicans also want to keep you safe and protect your liberty with a strong military, but some may be more hawkish (Rubio, Christie, Fiorina, Bush) than others in doing so. All want to seal the border and stop the flow of illegal immigration, but some also want to deport all 12 million presently living in the U.S. (Trump, Cruz). All believe in a strong economy with low taxes, while some believe government should be more involved in assisting the poor and under-employed (Santorum, Huckabee, Trump).



Some have values you know are rock solid to their core (Huckabee, Carson, Cruz, Santorum, Rubio), while with others you take a big risk, since they have recently stood on both sides of the major issues (Trump). Some candidates are more likely to take on the media establishment (Trump, Carson, Cruz), while others might be good presidents but are poor campaigners (Bush, Paul).

Since the candidates are not significantly different on the issues, with the exception of Rand Paul’s libertarian approach to foreign policy and marriage as well as Donald Trump’s lack of core values, the second question becomes more important than the first: Which one of the candidates has the best shot at beating Hillary? For this question we must alter our thinking to remain shallow and above the surface.

Since the invention of television the candidate with the two H’s (height and hair) invariably wins. Whether we like it or not, image, charisma, youth, articulation, likability, and general attractiveness wins elections. This coupled with the ability to attract young voters, Latinos, and women, leads us to the candidate that is most reasonable to vote for in the upcoming primary: Marco Rubio. Facing off against Hillary in the debates Rubio will shine, and beat her at her own game, identity politics. She is a woman, but he is Latino. She is old and white, while he is young and...Latino. She is of the past, he of the future. There is a reason all the polls have Rubio as the one Republican who consistently beats Hillary in a head-to-head matchup. To the public Hillary will look like the adult next to Trump or Christie; and next to Cruz she will appear less scary. It becomes clear that Rubio’s values and ability to attract various factions of the electorate gives him the upper hand in giving you “change” you can “trust” to stop the bleeding.

If you want to save America from a third Obama term with Hillary continuing the downward spiral of “progression” into a culture of death, your most reasonable choice is Marco Rubio.



Paul Murano teaches philosophy at North Shore Community College and Rivier University; and Adult catechesis at St. Patrick’s parish in Nashua. He is host of Beneath the Surface on WCAP radio Mondays 10-11pm, is on the board of Heartbeat Pregnancy Help center in Burlington, and is a singer-songwriter-musician. E-mail Paul at PJDM@aol.com

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Dr. Charles Ormsby
VALLEY PATRIOT

On Tuesday, February 9th, New Hampshire will hold its presidential primary election to determine the New Hampshire delegates to the Republican National Convention. Massachusetts holds its primary on March 1st (Super Tuesday) along with eleven other states.

So, Republican voters in New Hampshire and Massachusetts have only a few weeks to select their preferred candidate in what, I would argue, is one of the most critical elections in America's history.

The election of Hillary Clinton next November would ensure that the destructive changes wrought by Obama over his eight-year reign will become ingrained and, almost certainly, amplified. The miracle of the American Revolution may be dealt a mortal blow.

But beware; another equally destructive outcome is also possible. If a Republican is elected who does not understand classical liberal principles (not to be confused with modern/progressive liberalism), we may end up squandering our last best hope for liberty.

This may be our final chance to excise the socialist cancer that now permeates our public institutions while simultaneously reviving a society based on the primacy of individual liberty, free markets, and the rule of law based on the original intent of our Constitution.

Which brings me to Donald Trump. If elected, would Trump capitalize on this opportunity to right the national ship, or would he steer us onto the rocks?

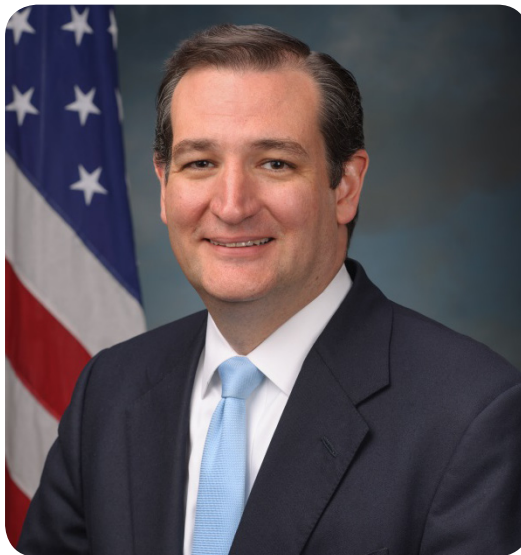
I appreciate the factors that have driven up Trump's poll numbers. There is a nearly endless list of grievances that can be cited to justify the anger that motivates Trump supporters. Trump exudes righteous anger

and flouts the strictures of political correctness that have kept our anger bound up for so long. Voicing our discontent in terms designed to offend the progressives that have silenced us for so long is a joyous experience.

But, while voicing our anger, we must also recognize that this election is about the serious business of restoring the fabric of American society and we won't get another chance to make such wholesale changes for a long time. Today the nation is amenable to the radical changes needed to restore liberty, but the window of opportunity may be short-lived.

In the years leading up to the 1980 election, Reagan was derisively referred to as a B-grade movie actor and a right-wing extremist who would start World War III. Goldwater was given similar treatment in the early 1960s. Is Trump just another conservative being slurred by the media? Or is he this election's Reagan or Goldwater?

As much as the left detests Trump (a good credential in my book), it is important that we vet him as a true conservative to assure ourselves that if he is elected, we achieve our goals and not cause further damage. Remember, if we endorse Trump as a conservative and he screws up, it reflects on the conservative movement. Trump better be the real deal or we will hand the enemies of liberty a long-term victory. We cannot afford to let that happen.



In the case of Reagan and Goldwater, it was clear that they had done their intellectual homework. While I don't know the content of their libraries, it was obvious, based on their every-day pronouncements and their political instincts, that they had read, studied and thought in-depth about such writers as Locke, Burke, Bastiat, Chambers, Hayek, Rand, Hazlitt, Friedman, von Mises, Podhoretz, Buckley, etc.

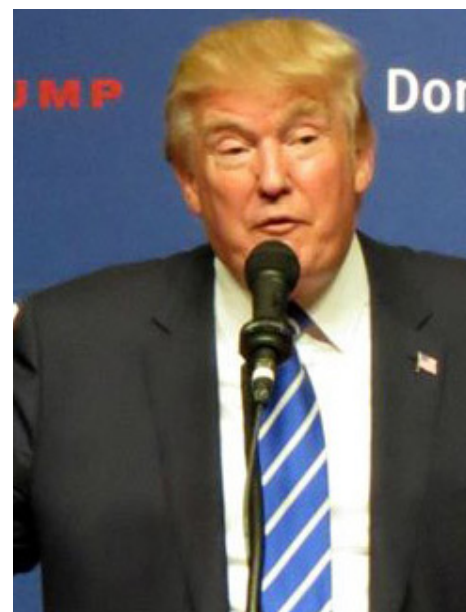
Goldwater and Reagan were thoughtful, intellectually grounded conservatives. Their "theoretical" foundation provided the guidance they would need to govern effectively as conservatives. Unfortunately, Goldwater never had the chance to re-make America, but he did pave the way for Reagan. And when Reagan was elected, it was his decades of conservative reading and thoughtful reflection about conservative principles that led to his success as president.

Regretfully, I do not believe that Trump

has done his conservative homework and I am not confident that he has developed an understanding or appreciation for conservative principles. I don't think he is familiar with Hayek or von Mises or even Friedman. A weekend read of "Free to Choose" would be helpful, but it really takes years of exposure

to the writers previously mentioned to build the needed instincts.

I'm not advancing myself for president,



but even as an undergraduate physics major at Cornell I was reading Rand, Hayek and von Mises (although I did start with the less imposing "Conscience of a Conservative" by Goldwater as a senior in high school).

A similar interest in liberty, economics, and the ideas that animated our Founding Fathers is what should characterize the candidate we nominate for president. Only then can we trust that he/she will faithfully and successfully re-build an American society that allows Liberty to thrive.

In my judgement, Trump is not the best choice among the candidates currently vying for the Republican nomination. In fact, while I admit to some possibility of being mistaken, I'm very concerned that he could be elected under the banner of conservatism, and then be extremely ineffective in restoring our government in accordance with true conservative principles.

If elected, the media will label his poli-

CRUZ: PAGE 27

The GOP Civil War and the Top 4 Candidates

In the race for the Republican nomination for President, there are really only four viable candidates as we approach the February 9th New Hampshire Primary, and the Massachusetts Primary in March.

They are Donald Trump, Ted Cruz, Marco Rubio, and Chris Christie.

To understand the race and why it is so contentious, you first have to understand the civil war being fought in the Republican Party.

On one side, we have the Washington, DC establishment Republicans and their supporters.

They are, for the most part, more moderate Republicans who are either liberal, or wishy-washy on social issues. These are the Republicans who believe that social issues are less important. They also believe working with Democrats and compromising on key issues helps to advance the conservative cause.

On the other side of this war are those "outsider" social and fiscal conservatives who are tired of the establishment Republicans preaching conservatism while voting for budgets that increase spending and social programs. At the heart of this war is a strong contempt that both sides have for each other. Establishment Republicans feed into the false news media stereotype about members of the Tea Party, painting them as crazy extremists who can't be reasoned with. They marginalize them publicly and ignore them privately, while paying lip service in the media to the Tea Party issues.

On the other hand, right wing conservatives and Tea Party members mock and deride establishment Republicans by



stereotyping anyone who does not tow the line 100% on every Tea Party issue. Their favorite invective for moderate and establishment Republicans is: RINO (Republican in Name Only).

None of these tactics are helping the party or the country, despite the fact that both sides have legitimate points. But, since both sides stopped talking to each other and working together, the chasm between both grows wider.

And, as each side publicly demonizes the other with half-truths and verbal (as well as social media) attacks, the news media shamefully skews their coverage to help Democrats by painting the entire GOP as dysfunctional, hateful, angry and unreasonable. Even though both sides of the Republican Civil War know this, they continue to circle the wagons and shoot in ... on television.

The 2016 Presidential Race will either result in a peace treaty between the two, or it will result in a split party and perhaps, the end of the national Republican Party as we know it... not to mention another Democrat being elected president.

Can any of these presidential candidates unite the party completely?

I do not think so. But there is hope with a few of the candidates, that the damage can be minimized and the party can be saved.

WHERE I STAND

Let me tell you my own personal perspective on the candidates so you can factor that in when evaluating the candidates and matching them to your own political beliefs and priorities.

I was a Scott Walker supporter from day one. Two weeks ago, I decided that I am most likely voting for Governor Chris Christie with Donald Trump being my second choice, Rubio third, and Cruz fourth.

I think Rubio and Cruz are amazing candidates and I would not be unhappy if either of them won. But in a primary, I cannot vote for Cruz because I support the NSA as one of my big three issues and Cruz, sadly does not. Just like you, I evaluate the candidates not just on where they stand on issues, but what kind of priority they give to those issues. I want a candidate who not only believes in the same issues that I do, but sees my top four or five priorities as their top priorities.

THE CANDIDATES

Let's take an objective look at the top four candidates and what they bring to the race, the presidency, as well as their impact on the Republican Civil War.

DONALD TRUMP: The most lied about Republican candidate; Trump has been so maligned by the news media that there are actually Democrat activists calling him a

Nazi. Trump's enormous popularity, and indeed his very candidacy, is the result of the Republican Civil War. Social conservatives who normally would never consider a candidate who is as wishy-washy on abortion as Trump, are flocking to Trump faster than Hillary Clinton can delete her emails.

Trump is strong on national security, fiscally conservative, supports lower taxes and cutting government spending, but is not an extremist and does not come from the far right wing of the conservative ideological spectrum. The biggest fear with Trump is that because he has no political ideology at all, he is a big question mark when it comes to how he will choose the next Supreme Court nominee.

Clearly, a Trump nomination will cause fear and panic in and among the moderate and establishment wing of the GOP. If he wins the nomination, many of them will flee or stand on the sidelines.

Could he beat Hillary Clinton? Yes. But it will be an uphill battle, as she will have the full support of the cable news media, most print media, Hollywood, the Democratic Party, the education establishment and the social service industry which makes billions on the largess of government.

If Trump is nominated, he will have to bring those who hate him most inside his tent and placate enough of them to bring a unified party to the final election. That is going to be tough to do. The question is not can he, but will he? Trump is unpredictable and often thinks... and acts .. outside the box. So, there's no telling what he will do.

On the issues, Trump is against illegal

CANDIDATES: PAGE 26

TOM DUGGAN'S NOTEBOOK

SALISBURY UPDATE - Last month the Valley Patriot wrote “Will Salisbury’s Attorneys Finally Tell the Truth in Time to Save the Tomaselli Sisters’ Home”

Since then, the Tomaselli sisters at the proverbial “11th hour” deadline for the Appeals Court filing got a “Christmas Miracle” of finding an experienced appellate attorney to fight their plight.

Appellate Counsel filed appearance with Appeals Court and an emergency motion explaining that new counsel needed time to file brief and record appendix on behalf of the Tomaselli sisters.

The Appeals Court granted the emergency motion and gave a February 18, 2016 due date for filing the brief for an appeal.

Despite Appeals Court having allowed the emergency motion, Coppola & Coppola, counsel for Town of Salisbury filed an objection on December 24th, Christmas Eve.

On December 30, 2015 Appellate counsel for Tomaselli sisters filed a written response refuting the significant inaccurate assertions.

As of this printing, the existing status is that Appellate Counsel for Sisters is allowed to file the brief.

CONGRATULATIONS HAMPSTEAD ACADEMY STUDENTS!

Hampstead Academy and The Valley Patriot would like to congratulate all of their students that competed in the AMC-8 Math Competition with over 144,000 Middle School students participate in this Math Competition world-wide. 7th grader, Kedai Wei from Salem, NH, who not only had the highest score, but was one of only three students in the State of NH to receive the Merit Award and gold medal. 2nd Place in NH - Hampstead Academy Team (Top three scores combined) Dhilan Soundar (Grade 8) - Silver Medal! Salem, NH. Bronze medal winners included Antoine Assaf (Grade 7)Windham, NH, Anna Quinn (Grade 8)Windham, NH, Anna Lapadula (Grade 8) Manchester, NH, Nick Ford (Grade 8)Hampstead, NH, and Caroline Hines (Grade 8) Salem, NH! We couldn’t be happier for our math teacher Mrs. Carroll and the Upper School students.

EXCHANGE CLUB HONORS POLICE, FIRE , AND EMT’S

For the fifty fourth year the Exchange Club of Lawrence will recognize the outstanding service of some of our community’s finest. Police officers, firefighters, and emergency medical technicians from Andover, Lawrence, and North Andover, the communities served by the Exchange Club of Lawrence, as well as paramedics from Lawrence General Hospital will be honored at a dinner on January 21 at the Wyndham Andover Hotel.

Pictured Left To Right are: Lowell Lions Club President Renee Dixon, accepting a certificate of appreciation from Massachusetts Lions Eye Research Director Marcel V. Plouffe in recognition of the Lowell Club’s donation of \$2,500 for the Massachusetts Lions Eye Research Fund. The fund raises the average of \$1M per year, from the Massachusetts Lions throughout the state, solely for the research through grants to the Massachusetts Teaching Hospitals in Boston. The research is to find the causes and cures for the elimination of curable eye diseases.



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- This year’s honorees will include:
- Firefighters/EMTs David Eulie and Jamison Lockhart of the Andover Fire Department;
 - Detectives Peter Reming and Kevin Aufiero of the Andover Police Department;
 - From the Lawrence Fire Department, Lieutenants Matthew Nadeau and Ryan LaValee, as well as Firefighters Edward Burke and Jesus Flores;
 - Lieutenant/EMT Jeffrey Judge, Firefighters/EMTs James White and Matthew Lacolla of the North Andover Fire Department;
 - Officer Michael Gilligan, of the North Andover Police Department and State Trooper Kyle Flanagan.

The January 21 event will begin with a social hour at 6PM followed by a dinner at 7:00. While uniformed officers are the guests of the Exchange Club, the public is invited for a ticket price of \$30.00. Tickets may be purchased by contacting Kevin Shea, Event Chairman, at

978-771-8962 or kjsshea@gmail.com. The Exchange Club is grateful to Wheelabrator North Andover for being the principal event sponsor again this year.

The Exchange Club of Lawrence is a chapter of the national service organization focusing upon community service, Americanism, youth, and the prevention of child abuse.

MMV HOSPICE OFFERS FREE LOSS OF AN ADULT CHILD SUPPORT GROUP

Merrimack Valley Hospice is offering “Grief Support for the Loss of an Adult

Child”, a free support group for anyone who is grieving this particular type of a loss. The sessions will begin Tuesday, January 19, from 2:00 p.m. to 3:30 p.m., at the Merrimack Valley Hospice House, 360 North Ave in Haverhill, MA. The support group, co-sponsored by HL Farmer & Sons Funeral Homes, and facilitated by counselors Lois Marra and Nancy Thornton, will meet for 10 consecutive Tuesdays.

“Grief Support for the Loss of an Adult Child” is designed to help people who have recently experienced this type of loss learn about the grief process, share their experience, and support each other in a facilitated group environment. Sessions are tailored to meet the group’s needs and will cover many difference topics including grief, loss and healing. If you have questions, or would like to register, please contact Bereavement Coordinator Lois Marra at 800-933-5593 ext. 4537.

Merrimack Valley Hospice is a not-for-profit agency offering comprehensive medical and supportive care to terminally ill patients and their loved ones. Together with Home Health VNA and HomeCare, Inc., the agencies provide a full continuum of home health and hospice care in more than 110 communities throughout the Merrimack Valley, Northeastern Massachusetts and Southern New Hampshire. For more information visit MerrimackValleyHospice.org.

NEW MIAMI FITNESS AND LIFE-

STYLE™ STUDIO TO OPEN ITS DOORS IN NORTH ANDOVER -

Fitness Expert Amy Fournier is bringing the energy of Miami to New England. Fournier is the creator and founder of Miami Fitness & Lifestyle™- a revolutionary new concept in health and wellness. “The term ‘health club’ or ‘fitness studio’ is not relevant anymore,” she says. “We will be an entirely innovative offering, going beyond physical health into the areas of learning, personal growth and meaningful social connections.”

Fournier speaks with energy and obvious enthusiasm for her new business and team of top talent. “I have spent a large portion of my life in Miami and have been blessed to receive tremendous inspiration from my time there. I want to bring that Miami experience and vibe to North Andover – to share it with others so they can experience it, too.” But she doesn’t stop there, “Health clubs, fitness studios, gyms” she continues, “are a thing of the past. You go in, sweat some, and leave. That’s addressing 10 percent of a person’s needs. We want to do so much more than that and take it to a whole other level of engagement, fun and effectiveness.”

The facility itself is almost 3,500 square feet of newly renovated space in the “Sawtooth” building at 202 Sutton Street. The main studio of over 1,900 square feet features vaulted ceilings, dance club lighting and sound system and will accommodate over 70 people. With over 40 classes/week, the facility will offer a wide variety of classes for all different fitness levels and interests. Featured will be favorites like Zumba®, Barre and Yoga but will also innovate by offering the newest trends like Vixen Workout®, Basic Hip-Hop Party, Brazilian Booty, POUND® Drumming and Insanity®. In an effort to service the “whole person”, exercise class offerings will be augmented with educational workshops for nutrition, weight loss, and general wellness to help ensure healthy living becomes part of one’s lifestyle outside of class. There will be discussion groups like “Wellness with Amy.” Fournier also intends to host at least one “special event” a quarter.

Miami Fitness & Lifestyle™ is scheduled to open January 9, 2016 with a Grand Opening event including free demo classes and fun from 8am to 12 noon – everyone is invited. In addition, all classes for the following week, January 10 – January 16, will be free to the public to visit the club, meet the staff and try all the offerings.

RPP CORPORATION AWARDED OVER \$96K THROUGH WORKFORCE CONTINUED: UNDER FREDDIE



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FREDDIE SAYS

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Freddie Says

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TRAINING FUND

The Executive Office of Labor and Workforce Development has announced that RPP Corporation, based out of Lawrence, has been awarded \$96,200 to train 100 workers through the Workforce Training Fund General Program which is a program that is designed to address productivity and competitiveness by providing resources to invest in the Massachusetts workforce.

“This announcement is a tremendous opportunity to improve employee skills, maintain economic strength and empower new and current employees with development options. I am excited for RPP and for Lawrence and I look forward to helping facilitate more job growth and training in the future,” said State Representative Frank Moran (D-Lawrence).

ZUMBA WITH TALLIE!



Zumba Girl TALLIE!

Mon, Tue, Wed, & Thurs., 4:30pm

ALL ages & abilities welcome!



Our Custom Cartoonist Dave Sullivan is leaving us after 9 years of providing brilliant local political cartoons. This month is his last original cartoon for The Valley Patriot. Over the coming year we will be republishing the very best of Dave’s work. THANK YOU DAVE! WE WILL MISS YOU!

In partnership with ELOWD, Commonwealth Corporation reviews and awards training grants of up to \$250,000 to Massachusetts businesses and consortia of businesses to fund training for current and newly hired employees. Workforce Training General Fund Program grants are awarded on a rolling basis and are funded by the Massachusetts employer community via contributions made to Unemployment Insurance. Approximately \$7.59 million has been allocated in FY16 to support 6,384 workers and 538 new jobs.

GLCAC HOLDING HEALTH CARE ENROLLMENT, JAN. 12TH.

LAWRENCE – A health insurance enrollment event will be held January 12, at the Lawrence YWCA for anyone who needs to sign up for health care or renew their coverage through the state’s Health Connector.

Health care navigators will assist individuals in signing up for health care from 12 to 7 p.m., Tuesday, January 12, at the YWCA, 38 Lawrence Street, Lawrence. No appointments are necessary.

In order to sign up for health insurance, it is important to bring the following:

- § Photo ID (license, passport)
- § Social Security numbers for all members of the family
- § Immigration documents (all non-citizens)
- § Previous year’s tax return (if available)
- § Proof of income (pay stubs for latest month of most recent employment)
- § Utility bill (electric or gas)

The health care enrollment event is sponsored by the Greater Lawrence Community Action Council, Inc., a state health care navigator, in partnership with the Association of Evangelical Ministers of the Greater Lawrence Area (AMEDAL), Greater Lawrence Family Health Center, Health Care For All, Todos Juntos, Mass Health, YWCA.

In the event of inclement weather that closes the YWCA, the event will be held Thursday, January 14. For more information, call 978-620-4784.




978-685-2549

Michaud Insurance Agency, Inc.



MARK YOUR CALENDAR! The date has been set for THE VALLEY PATRIOT’S 12th ANNIVERSARY BASH March 25th at the Firefighter’s Relief In at 6:30PM

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December News and Open Meeting Law Updates

Kathy Runge
VALLEY PATRIOT LAWRENCE COLUMNIST

Happy New Year from recall central! Most of us in Lawrence are suffering from recall fatigue, with objections to signatures on the first recall petition due to be heard this month, while the second recall has until the 23rd to collect the required number of signatures.

At the December 15 Council meeting there was a nice resolution honoring Councilor Twomey, who's retiring, for his years of service. Of course it wasn't on the agenda (suspend the rules!), so the average citizen had no idea that it would happen. The meeting is posted on YouTube, the resolution is read around the 40-minute mark. If you listen carefully after Council President Maldonado sits back down, you can hear him chuckling about reading the resolution cold, as if it were the first time he had seen it.

The subject of the many uncontrolled intersections in the city came up while the Council was discussing the placement of a stop sign at the intersection of West and Haverhill Street. District D Councilor Jeovanny Rodriguez's background in engineering has made him knowledgeable about state regulations regarding roads, and we should take advantage of his specialty. If any resident out there has concerns about the safety of an uncontrolled or partially controlled intersection in the city, now would be the time to bring these up to your councilor.

The Council also expressed an interest in examining the parking situation for residents that live near businesses or schools that have all of their parking taken

up at various times. If you are in this situation, now would also be a good time to bring this up to your councilor.

The Council voted unanimously to accept a two year \$1.2 million grant to hire 7 new firefighters. This should cut down on overtime expenses. The firefighters have already been chosen from the civil service list and are scheduled to attend the firefighting academy in the next few months.

Council President Maldonado announced that although some mayors and other politicians from the Dominican Republic were supposed to attend the swearing in ceremony for the councilors on January 4, one of the mayors had been murdered so the plans were uncertain.

At the many Board of Registrars meetings involving the recall, City Clerk Maloney is quick to point out various state regulations that they must follow when verifying signatures. Massachusetts Regulation 950 CMR 55.03 states that the Registrars are not to check for forged signatures and Mr. Maloney happily points that out.

However, other regulations don't seem important enough to follow.

The regulations governing the Open Meeting Law (OML), 940 CMR 29, state that notices for meetings of a public body must be posted at a location accessible 24 hours a day in or on the building where the City Clerk's office is located or, if an alternate location is used that location must be approved and on file with the Attorney General. The City Clerk states that the official posting location is a particular location on the city website and this is not

LAWRENCE: PAGE 19



Thanks to Methuen Police, Fire & Teen Volunteers ...

300+ Needy Kids Wake up to Find Christmas Presents

Tom Duggan
VALLEY PATRIOT PUBLISHER

Hundreds of needy and underprivileged children in Methuen were shocked yesterday morning to find a present under their Christmas trees, thanks to the efforts of the Methuen Police, Fire, and the volunteers at Debbie's Treasure Chest, which is headquartered in Lawrence.

Methuen Officers Derek Licata and Mike Blanchette, as well (as other members of the Methuen Police and Fire Department) held the toy drive for needy children and even enlisted the help of their own children to make it a family effort.

Officer Licata's two daughters, Juliana and Jessica, teamed up with Fire Lt. Fluet's daughter, Alyssa, Officer Mike Blanchette's two daughters, Mikayla and Abby, and his son, Michael, to grant children's Christmas wishes.

The teens helped officers and firefighters load dozens of bags and boxes of toys into cars and trucks at the Methuen Police station, then unloaded them all in Lawrence at Debbie's Treasure Chest.

Methuen Police Officer Derek Licata "Last year Linda Harvey came to me to talk to me about my daughters, Jessica and Juliana, running a toy drive through the Police Department, for needy kids in the Methuen area and the valley," Officer Licata said.

"Now, both of my daughters have worked with Debbie's Treasure Chest since it started. They volunteered for countless hours helping out at various locations when it first started out in the garage ... eventually it grew and grew to what it is today. So, my girls were 100% on board. I asked (Officer) Mike Blanchette, one of my fellow officers here, and his daughters helped out as well. We teamed up together to facilitate this for the kids and let the kids run the toy drive."

"This started two years ago," Licata continued.

"We did our very first toy drive with Debbie's Treasure Chest where each needy child makes a wish for each toy drive that we do. Each child gets one toy. Last year we did 150 wishes, this year we actually doubled our numbers and had over 300 children's wishes granted. We are really somewhere around 310 or 315 donated toys. That doesn't account for all



More than 300 Needy Children Wake up to Find Christmas Presents Thanks to Methuen Police, Fire & Teen Volunteers at Debbie's Treasure Chest.

of the donations that people dropped off at the police station lobby, City Hall, thanks to Mayor Zanni, McLennan and Company (Century 21), and the other businesses that help sponsor this every year. They each had a drop box as well. We've had incredible community support."

Licata thanked Chief Solomon and Fire Chief Sheehey "for their incredible support in helping us drive this event."

"This year we partnered up with the support of Fire Chief Sheehey, we brought Mike Fluet on board, who also brought his daughter, Melissa, and we started this year with the goal of doubling the wishes that we did last year."

"In addition, we reached out to the public to get as much help as we could for these

children. All the toys were donated by members of the public in the organization helping though."

Officer Mike Blanchette presented a check to Debbie's Treasure Chest for \$500 from the Methuen Police Patrolman's Association. Methuen Fire Chief Tim Sheehey and Lt. Fluet presented a check for \$500 from the Methuen Fire Fighters Union.

Officer Licata says that a high school student contacted Chief Solomon directly this year, and asked if they could participate.

"So, the Methuen High School varsity hockey team, every single member of their team, came in and took a wish off the tree to grant a Christmas present to a

CHRISTMAS: PAGE 19

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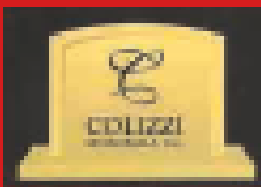
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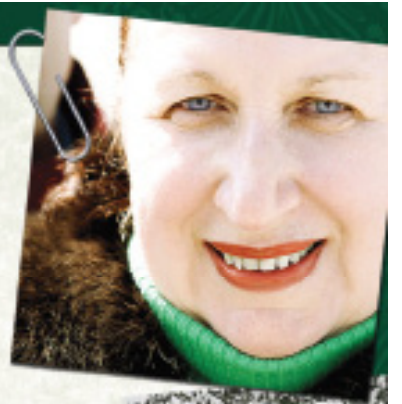
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5 Ways to check on Mom's well-being this holiday season.



- ✓ Give a Hug
Do you notice weight changes, increased frailty?
- ✓ Observe Her Social Life
Are there signs of active friendships, or isolation?
- ✓ Open the Medicine Cabinet
Is Mom taking her medications as prescribed?
- ✓ Check the Mail
Look for unopened mail or unpaid bills
- ✓ Inspect the Kitchen
Look for expired food, broken appliances

Use this checklist to look for warning signs during your holiday visits. If your mom isn't doing well at home alone, Methuen Village may be the perfect solution. We offer an innovative enriching approach to senior living and alzheimer's care.

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Forgiving and Living with a Broken Heart

Dani B. Langiven

VALLEY PATRIOT LESBIAN COLUMNIST

Meet Hector Black: Hector is a ninety-year-old man who lives in Tennessee. He has been featured on StoryCorps, Radiolab, and The Moth. He fought in World War II and attended Harvard where he studied social anthropology. None of this sounds remarkable, but Hector's personal story is.

Seven years ago, Hector and his wife suffered the unthinkable. A man had broken into the home of one of their daughters and murdered her. He was hiding in a closet waiting for a chance to escape without her seeing him. When Hector's daughter, Patricia, opened the closet door the intruder tied her up. After a few verbal exchanges Patricia was killed.

"I'd never been in favor of the death penalty, but I wanted that man to hurt the way he had hurt her. I wanted him to hurt the way I was hurting," said Hector in response to the violent loss of his child. A sentiment anyone with a child can understand and anyone who has lost a child can relate.

But then something changed. Hector and his wife, Susie, learned about the murderer's background. They discovered that he had been born in a mental institution and when he was 11 years old his mother tried to kill him and his two siblings. After watching their mother drown their little sister, he and his brother were able to escape. Hector and his wife must have divined that the man who took their daughter's life had never known sanity or love. They forgave Patricia's killer and asked that his life be spared. Now that is remarkable and probably a sentiment that few of us may be able to understand, but one most of us can certainly respect.

In a very short period of time, Hector Black was able to see a man for what he was and give him the gift of forgiveness even after this man took Hector's child from him. Yet, it had taken Hector 70 years to forgive and accept himself.

Hector is a gay man. He did not come out of the closet until he was 70 years old. It took me until I was 30 to come out for fear of how its implications would impact my life. I was so afraid of losing everyone I loved. It was a painfully lonely sentence that I thought would never end. And here we have Hector; a man who jailed himself for 40 more years than myself because of paralyzing fear, yet found it easier to forgive his daughter's killer.

Born in 1925, Hector said there were no words back then to describe or label how he felt and who he was. There certainly wasn't any thought or even a seed for the gay rights movement. Whatever words did exist for the gays and lesbians back then

were hissed out through gritted teeth.

As a young man he had a sexual encounter with another man. His reaction was, "I thought this is not me. This cannot be me. And I was just horrified." Despite the disgust he had for himself, he took the man on as a lover. Later, Hector would undergo estrogen treatments to try to "cure" himself of his urges. The treatments didn't cure him, but it did produce breasts. He stopped the treatments.

Eventually, he would meet a woman called Susie. He says they fell in love, got married, and had children. Despite how he felt for his family, the draw to a gay lifestyle was too much and Hector fell off the fidelity wagon several times.

"I'm hurting Susie, and I'm wretched," he thought to himself.

Hector had confessed to his wife about his transgressions and would stop, but would, again, fall victim to his temptations. Hector was unable to completely accept who he was and continued to hope and pray that he was not really gay.

When he and Susie had been married for almost 40 years, one of their daughters came out to them. It was at this time that Hector realized it was time for him to do the same. "I knew how much she had been through, how much she suffered because of who she was. And I just said this is it - that I can't - how can I love her and hate myself for what I am?"

Hector went to his wife with the idea of divorce. She refused. She told him he could find somebody, if he so chose, and she said that she hoped she would like him. For the next 20 years, Hector and Susie remained together until she passed last summer.

Hector does not share whether or not he found himself a male lover and, if so, whether or not Susie liked him. Maybe it's out of respect for his wife, lover, family or all of the above. He's had his heart broken in the worst of ways: murdered child and 70 years of denying who he truly is. I find Hector to be remarkable. This is a man who found it easier to forgive a murderer than to come out of the closet. It's a profoundly heart wrenching testament to what it is like to struggle as a closeted homosexual. To Hector, being heartbroken it is a necessary evil. "I really am grateful that my heart has been broken a good many times because it does help me to love."

What a remarkable man.



Dani Langevin is a teacher and has a Bachelors in Fine Art and Masters in Education. She has written four young adult novels, one of which is self-published. You can email Dani at DaniBLangevin@aol.com



After 47 Years, Paul Hale Retires from Boy Scouts of America

Every once in a while, a leader comes along and makes an impact on many lives. A leader that challenges you, doesn't give you the easy way out - in the hopes you may grow, learn, and become stronger. Scout Master Paul Hale is one of those leaders.

In 1958, at 11 years of age, Paul Hale joined the Boy Scouts of America. At age 21, he became a Scout Leader ... and 47 years later... yes, 47 years, Paul Hale, Scout Master, is retiring.

With a long history, including his saving Troop 51 Mt. Carmel (as it was called back in the day before Mt. Carmel closed its doors) from collapse by returning to Scout Master after spending some time as Commissioner - Paul Hale was constantly showing his true commitment to the Scouts. He has been with Troop 51 Arnold H. Greenwood Post 8349 of the VFW ever since.

On Sunday October 25th, Paul Hale was given a surprise retirement party at the Methuen VFW. Surrounded by past and present Eagle Scouts, friends and family, Paul seemed to be enjoying all the good wishes and celebrations of his career. And yes, he said he was surprised since Carla Freidrich, current Chair of Troop 51's Committee, and her son, one of Paul's Eagle Scouts, had told him it was for her anniversary party.

The honorable Linda Dean Campbell was there and presented Paul Hale with a Special Recognition Award. She stated how much she enjoys attending Eagle ceremonies and Scout events.

When asked what he will remember most about his career as Scout Master. Hale replied, "Doing my best to help kids get to Eagle Rank." And with over 50 Boy Scouts achieving the Eagle Rank under his watch, doing his best -- achieved. His advice for future Boy Scouts is "Always go for Eagle." He said, "It is the highest accomplishment, and people throughout your life will recognize that."

And for the future of Troop 51, when



asked what he hopes to see, his reply included a "true commitment from leaders" ... someone who will be there for all the boys, not just for their own children and then leave when their kid is done. It may be hard to find leaders these days with people being pulled in so many different directions. It is rumored that the Cub Scouts who will eventually become part of Troop 51 Boy Scouts may be having trouble finding such leaders, and there is a sad chance that Troop 51's days may again be numbered. We hope there is someone out there ready to lead these kids.

The good news for Troop 51 is that Mr. Hale will still be active with the Troop as he will be going on the frequent camping trips and attending scout meetings. This way he said, "I can sit back and watch..." and consult with both the boys and the adults when needed.

As John Quincy Adams said: "If your actions inspire others to dream more, learn more, do more and become more, you are a leader." And as far as that goes, Mr. Paul Hale ... you are, and always will be a great leader. Thank you for your service and true commitment to the Boy Scouts.

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Why I Chose to Run for State Rep.

Rep. Lyons Reviews Legislative Accomplishments at Mid Session

Oscar Camargo
VALLEY PATRIOT N. ANDOVER COLUMNIST

Since announcing my candidacy, people from the 18th Essex (Andover, Boxford, North Andover, and Tewksbury) have been supportive of my decision. I'm not surprised, given that State Representative Jim Lyons' three terms have been uncomplicated.

Rep. Lyons has accrued one of the lowest committee attendance records in the State House. It's hypocritical when someone who derides government for not working chooses not to do his job. Maybe he's preoccupied being the chairman of Ted Cruz's presidential campaign in Massachusetts? Either way, his focus is far from local matters and adds doubt to his commitment towards representing the district.

Recently, Rep. Lyons cited a \$4.5 billion increase in local aid, increases in funding for special education and charter schools as his accomplishments. Claiming



accomplishments of the Baker Administration is the equivalent of the rooster claiming he's the reason the sun rises. The power of compromise and cooperation is the reason for the Baker Administration's achievements--not obstinance and vitriol.

Our community is facing serious problems and needs someone who's serious about their interests. For example, we face an opioid and heroin epidemic, but Rep. Lyons' legislation failed to gain serious traction. Local aid has been as inconsistent as Lyons' commitment. His public statements have even taken aim at our most vulnerable citizens--yet, he's claimed success at every turn.

I'll work with legislators on both sides of the aisle to protect our community's interests and ensure our voice is respected in the State House.

I'm running because I believe our community deserves leadership that it can depend on. I'm running because I know I can do better.

"We've turned a corner," said Rep. Jim Lyons, "but we still have a long, long way to go."

Reflecting on the first half of the 2015-2016 legislative sessions, State Representative Jim Lyons (R-Andover) noted that it was a productive year marked by many legislative accomplishments, although vital challenges remain to be addressed.

"From the beginning," Lyons said, "we in the House Republican Caucus consistently place a priority on protecting our precious tax dollars and standing with our hard-working taxpayers. At the same time, we advocate for increased Local Aid and greater local control for each community. This promotes property tax relief, along with a strong state-municipal partnership.

"We emphasize these long-term goals," Representative Lyons noted, "at our monthly caucus meetings with Governor Charlie Baker and Lieutenant Governor Karyn Polito. I believe that the most recent state budget promotes those values. And those values will continue to guide me in every vote I take as a legislator



representing the voters of the 18th Essex District."

Lyons observed that he voted to approve the 2016 state budget, his first such vote since his election to office in November of 2010. "From the start, I pledged to represent taxpaying families. That's why I opposed the out-of-control spending, tax hikes, and Local Aid cuts by the Beacon Hill Democrats and the Deval Patrick Administration. I am convinced that Governor Baker is committed to addressing

LYONS: PAGE 21

Stronger Support by Medical Community Needed to Address Opioid Crisis

Linda Dean Campbell
STATE REPRESENTATIVE

We have an opportunity in coming weeks in the Legislature to send the Governor a comprehensive piece of legislation to further address the opioid crisis.

Legislative action to date includes substantially increased funding for: treatment post-detox; Community Mental Health Centers for both adults and youth; and Recovery High Schools. New laws: require insurance to cover treatment; provide for the bulk purchasing of NARCAN; expand the Prescription Monitoring Program; and make trafficking of Fentanyl a most serious crime.

At the urging of the Governor and the Legislature, the medical community has become more engaged. In almost half of all cases, an opiate addiction results from a medical prescription or an excessive medical prescription. This is why we will be asking the medical community to do more in the Legislation that goes to the Governor's desk which will contain bits

and parts the Governor's Bill, the House's Bill and the Senate's Bill.

This final bill must require a far greater commitment from the medical community to address the crisis in the following ways:

- * Immediate reporting by both private and public hospitals and clinics and like facilities of overdoses so that law enforcement can analyze patterns of distribution and target that distribution;
- * Require physicians to check the State's Prescription Monitoring Program every time they prescribe a high-risk opioid and notate the reasons for doing so;
- * Require medical facilities to retain custody of overdose victims for 72 hours or until they can be transferred for treatment in a detoxification facility. This will put the brakes upon the revolving door death spiral of emergency room visits for addicts.

Opioid addiction is a serious and most life threatening illness, which in about half of all cases, is the result of a medical

prescription or over-prescription of pain medications. If a medical facility discharged a patient suffering from any other chronic medical condition that might reasonably "end their life," they could be successfully sued for malpractice.

- * Require that hospitals, clinics and similar medical facilities inform the patient's primary care physician when a patient has an overdose.

I thank you for your action, your views, and recommendations on how to wage this important battle against opioid addiction. Please do not hesitate to contact me on this or any other issue that is important to you.

State Representative Campbell represents Methuen and Haverhill and serves as the Vice Chair of the Committee on Public Safety and on the Committee on Ways and Means. She can be reached at 617.722.2000/Linda.Campbell@MA-house.gov or 978.989.0722/representative.linda.campbell@gmail.com




In Pursuit of Public Records Reform

There have been a number of important legislative developments toward tackling public records reform. This month's column is an opportunity to describe the status of public records legislation in the effort to produce meaningful public records reform this session.

At the onset, Senator Jason Lewis filed S.1676, which along with H.2772, filed by Representative Peter Kocot, formed the basis of H.3665, "An Act to Improve Public Records."

H.3665 would require every public agency to designate one or more Records Access Officers who would have custody of all public records and would serve as the primary liaison between the agency and the requesting individual or organization. Secondly, agencies would be required to either make records available online or provide records to the requester in electronic form, as opposed to printed reproductions. Thirdly, this legislation would reduce the cost of acquiring public records by ensuring that fees charged by a public agency do not exceed the actual cost of the materials used and labor expended to complete the request. Record

IN YOUR CORNER WITH SENATOR KATY IVES



requests would also have to be honored within 15 days of the original request. When an officer or employee refuses or neglects to produce public records for a requester after 15 days, a civil fine of \$20 per day would be instituted for the first 30 days of such refusal or neglect, and \$50 per day for every subsequent day. Finally, this bill aims to ensure agency compliance by allowing courts to award attorney's fees to a requester who seeks a judicial remedy for an improper

denial of access to records. This bill was given a favorable recommendation by the Joint Committee on State Administration and Regulatory Oversight on July 16, 2015.

A public records reform bill I filed, S.1700, "An Act Relative to Obtaining Information," is similar to Section 7 of H.3665. The language contained in my bill would institute a penalty should the custodian fail to comply with an order from the Supervisor of Records within 30 days and the custodian would be charged

\$50 per day beyond the 30-day timeframe if public records are not produced.

Most recently, the Massachusetts House of Representatives passed a public records reform bill at the end of the 2015 legislative session. This bill is H.3858 and aims to control the cost of obtaining records by setting a set cost of five cents per page for paper copies versus the "actual cost" standard in H.3665. The House-approved bill allows up to 60 days for the state and 75 days for a city or town to satisfy a request. H.3858 includes a penalty ranging between \$1,000 and \$5,000 should a court find a custodian of records acted maliciously or in bad faith, versus attorney fees should or a per day fine on refusal or neglect to furnish requested records.

The Senate will debate the public records bill this winter and I will continue to advocate for a bill which results in strengthened government transparency and fair and reasonable public access to public records.

Senator O'Connor Ives can be reached at KATHLEEN.OCONNORIVES@MASENATE.GOV



The Methuen High School Boys Varsity Hockey Team wanted to participate in The Methuen Police Toy Drive Giving Tree. Team Captain Brett Blackwell contacted Chief Solomon and asked if the team could help with the giving tree. Each player, along with the coaches, selected a star and purchased a toy. The team stopped by the police station to deliver the toys on the Monday before Christmas. Methuen Chief Solomon thanked them for helping to grant many wishes for children who would otherwise not receive a present for the holidays. Brett also expressed interest in maybe having their own giving tree for the MHS Winter Sports teams. Great job boys !!!!!



Lawrence Police Auxiliary Officer of the year Lt. Ahmed Barrie with the chief of Auxiliary police and Lawrence Mayor Dan Rivera at the annual Police Auxiliary Christmas party.



On December 29, at 1100 at Arlington Hall in Arlington, VA Brigadier General Richard Gallant will be promoted to Major General. General Gallant grew up on Salem St. in Lawrence, graduated from St. Patrick's in 1975, and Central Catholic in 1979. His wife is a former New England Patriot's Cheerleader and his daughter is currently in High School, and plays tennis. His other daughter is currently in the US Army. His son served in the US Army, and now works for the railroad. The General has four grandchildren.



Orit Goldstein of Osgood Landing in North Andover, and now a resident of Israel, lights the Grand Menorah with Rabbi Zalman Borenstein during the holiday celebration "The Festival of Lights" on the North Andover Common.

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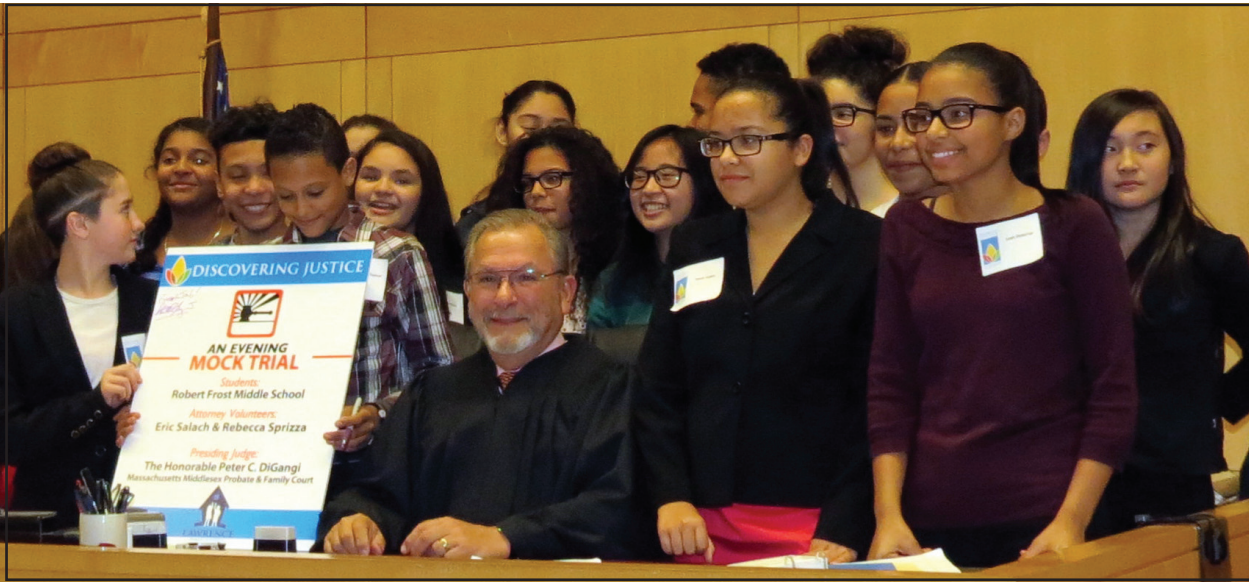
The Crew at Martin's Flowers (500 Jackson St. Methuen) with their copy of last month's VALLEY PATRIOT. From Left to right are: Jenny Dinges of Havehrill, Melissa Gaffney of Methuen, Lisa Greene of Georgetown and Scott Martin of Salem NH. ready to help you with flowers, wreaths, and all your holiday decorations year round! Drop by and tell the crew at Martin's Flowers that the Valley Patriot sent you and you will get the best service anywhere in the valley!



Proud members of the Valley Patriot family, the women of A.P Michaud Insurance Agency, Inc. in Methuen with their copy of The Valley Patriot! Above are: Kate Lawler, Dawn LeClair, Yanira Frias, Konnie Phifer, and Trudy Lawler. Need Insurance? GIVE THEM A CALL!! And tell them The VALLEY PATRIOT SENT YOU! THEY LOVE TO HEAR FROM OUR READERS! (978) 685-2549.



Desiree Maguire, the widow of slain Woburn Police Officer Jack Maguire with retired Woburn Police Chief Phil Mahoney at the candle light vigil and police motorcade drive by on the 5th anniversary of Officer Maguire's murder at the hands of a Deval Patrick parolee.



FROST SCHOOL MOCK TRIAL

Students from the Robert Frost School held a mock trial at the Essex County Probate and Family Court at the Fenton Judicial Center in Lawrence. The trial judge presiding over the case was District Court Judge Peter DiGangi. The jury was made up of prominent members of the community, including: including Lawrence Police Chief James Fitzpatrick, City Council Marc Laplante and state reps. Diana DiZoglio, and Marcos Devers and Frank Moran.

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Clinical Director of Home Care Agency Sentenced in Medicare Fraud Scheme

The clinical director of a home nursing agency was sentenced yesterday in U.S. District Court in Boston in connection with her role in a multi-million dollar scheme to defraud Medicare.

Janie Troisi, 66, of Revere, was sentenced by U.S. District Court Judge Douglas P. Woodlock to three months in prison and three years of supervised release. In August 2015, Troisi was convicted following a five-day trial of conspiracy to commit health care fraud and 10 counts of health care fraud.



Troisi, a registered nurse, was the Clinical Director of At Home VNA (AHVNA), a home health agency located in Waltham, which was owned and operated by her co-conspirator, Michael Galatis, also a registered nurse. From 2009 to 2012, Troisi conspired with Galatis to submit more than \$3.5 million in fraudulent home health care claims to Medicare.

The Medicare program only pays for home health services under certain conditions, including that a physician has certified that the patient is homebound and needs certain skilled services. Troisi ignored these requirements and trained AHVNA nurses to recruit healthy individuals with Medicare insurance who lived in large apartment buildings.

Troisi held “wellness clinics” at these buildings where nurses convinced senior

citizens to enroll with AHVNA and have a nurse visit them in their home. Troisi and Galatis trained AHVNA nurses to manipulate the patients’ Medicare assessment forms to make it appear as though the patients qualified for Medicare home health services, when that was often not the case. Troisi also worked in concert with Dr. Spencer Wilking, AHVNA’s in-house Medical Director, who was paid to sign the home health care orders, even though Dr. Wilking did not examine the vast majority of AHVNA’s patients.

The patients’ primary care physicians did not refer the patients to AHVNA and were unaware that AHVNA was sending nurses to see their patients in their homes. A number of primary care physicians who

FRAUD: PAGE 19

Haverhill Student Introduces Rep. Dempsey at Annual AICUM Dinner, Speaks of Importance of Need-Based College Grants

Haverhill resident Stephanie Bellapianta, a freshman at Merrimack College, presented an award to State Representative Brian Dempsey in front of 350 leaders from the state’s higher education sector, at an annual dinner for the Association of Independent Colleges and Universities in Massachusetts (AICUM).

The December 14 event held at the Seaport Hotel in Boston honored State Representative Brian Dempsey, Chair of the state’s House Committee on Ways and Means, with the AICUM Committed to Access Award, and honored Congresswoman Katherine Clark with the AICUM Committed to Action Award. AICUM represents 58 of the state’s private, non-profit colleges.

Bellapianta is a recipient of the Mass-Grant, which provides need-based scholarship aid for Massachusetts students attending college in state, and for which Rep. Dempsey is a tireless advocate.

According to a copy of her prepared remarks, Ballepianata stated that thanks to officials such as Rep. Dempsey, “I – and 12 others from Haverhill, and hundreds more from other cities and towns in Massachu-



From left: AICUM president Richard Doherty, State Rep. Brian Dempsey, Merrimack College student and Haverhill resident Stephanie Bellapianta.

setts – are able to attend Merrimack.”

The event was heavily attended by college leaders and other higher education advocates, and by representatives from industries with which AICUM member colleges frequently partner.

“This event was a reminder of the tremendous community we have support-

AICUM: PAGE 24

Methuen Sticker Shock Campaign

On Saturday, December 19th, Evelyn Rodriguez of the Lawrence/Methuen Community Coalition (LMCC) under the Family Services of the Merrimack Valley, collaborated with the Students Against Drunk Driving (SADD) of Methuen High School, as well as Dean Brouder, Mike Caban, and Jackie Rubino. They came together in order to organize a “Sticker-Shock” campaign geared towards underage drinking prevention. Evelyn, a Substance Abuse Prevention Collaborative Coordinator, started this initiative in Methuen as a pilot strategy which entailed going around to different liquor stores and placing adhering stickers to packaged alcoholic items that said “It is ILLEGAL to provide alcohol to people under 21”.

When asked what made Evelyn think of this initiative, she replied with

“Through our grant we had to establish a city to designate for the pilot strategy, Methuen has not had a sticker campaign in years. Our mission is to send loud and concise message that prevention IS still very much active in the communities and it is our primary initiative that we put

emphasis on early intervention prevention because it is imperative to our youth’s development and advancement. Having our youth involved in the prevention outreach made it much more fulfilling and demonstrated that their interests are just as strong and evident in our community.”

Having the SADD students involved and eager to be part of another campaign is what is going to keep these initiatives going. If there are any questions in regards to this Pilot Program and Campaign, please feel free to contact Evelyn, at 978-688-5694 or erodriguez@mylmcc.org.

“The Bureau of Substance Abuse Services funds the substance abuse prevention efforts of the FSMV’s Lawrence/Methuen Community Coalition as part of a coordinated statewide prevention effort that includes the Massachusetts Opioid Abuse Prevention Collaborative (MOAPC) and Massachusetts Substance Abuse Prevention Collaborative (SAPC), as well as other state and federal funding in support of prevention, treatment, and recovery efforts throughout Massachusetts.”

HONEY FROM PAGE 3

Most do, but there are some dogs that truly just want to be family pets. If Honey graduates, this means she has the demeanor required and wants to dedicate herself to being a “working dog.”

5. A Golden doodle is a crossbreed obtained by breeding a golden retriever with a poodle. This breed is known to carry very little dander, which makes it a very low allergen breed. Perfect for a dentist office that has many customers a day.

Honey must be 1 year old before she can start working full time in the office. She will be able to visit and start her socialization training immediately. However, she must be certified before she can be official and obtain her badge and credentials.

She will be living with her primary care taker/handler, Lisa Young, the office manager for Dr. Jim. But each staff member will rotate responsibilities of Honey. Unlike a therapy dog for an individual, it is very important that Honey is crosstrained

to as many people as possible. She will be in an office setting, working with different staff members and several patients at any given time.

We at The Valley Patriot thank Dr. Jim and his entire staff for taking on this proactive approach and utilizing the benefits of therapy dogs. I will be following Honey’s progress and will updating our readers with her progress.

BEST OF LUCK HONEY !!

Tracey Zysk, owner of Wiggles & Jiggles Pet Care in North Andover MA is a local pet care professional. She has been featured on local radio, TV and newspapers educating the general public on animal care and animal health & wellness. Tracey is a proud supporter of Police, Fire & Military K9 units and National Award winner of the Platinum PAW award. Tracey may be reached at wigglewalk@comcast.net. Become a fan on Facebook at Wiggles & Jiggles Pet Care



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Two Lawrence Men Charged
in ID Theft, Fraud Scheme
Had More Than 800 Names and SS#’s

Auto Dealerships Fined \$60K for
Illegal Donations to Gov. Baker,
Warren Tollman, Others ...

BOSTON – Two Lawrence men were charged in U.S. District Court in Boston in connection with a scheme to file fraudulent federal income tax returns using stolen identities.

Furvio Flete-Garcia, 42, and Juan Santiago, 36, nationals of the Dominican Republic, were indicted on conspiracy to defraud the United States, theft of government property, access device fraud and aggravated identity theft.

According to court documents, in 2013 and 2014, Flete-Garcia and Santiago allegedly possessed more than 800 names and social security numbers of U.S. citizens, including Puerto Rican residents, which Santiago allegedly sold to another individual for the purpose of using those identities to prepare and file fraudulent federal income tax returns. The indictment further alleges that Flete-Garcia and Santiago sold more than 16 U.S. Treasury tax refund checks with a total face value of more than \$100,000 to the same individual. These tax refund checks were issued by the IRS as a result of the fraudulent income tax returns that were filed using the stolen identities.

The charge of conspiracy to defraud the United States provides a sentence of no greater than five years in prison, three years of supervised release and a fine of \$250,000. The charges of theft of government property and access device fraud each provides a sentence of no greater than 10 years in prison, five years of supervised release and a fine of \$250,000. The charge of aggravated identity theft provides a mandatory minimum sentence of two years in prison, one year of supervised release and a fine of \$250,000. Actual sentences for federal crimes are typically less than the maximum penalties. Sentences are imposed by a federal district court judge based upon the U.S. Sentencing Guidelines and other statutory factors.

United States Attorney Carmen M. Ortiz; Acting Assistant Attorney General Ciruolo of the Justice Department’s Tax Division; William P. Offord, Special Agent in Charge of the Internal Revenue Service’s Criminal Investigations in Boston; Matthew Etre, Special Agent in Charge of Homeland Security Investigations in Boston; Lisa A. Quinn, Special Agent in Charge of the U.S. Secret Service; Scott Antolik, Special Agent in Charge of the U.S. Social Security Administration, Office of the Inspector General, Boston Field Division, made the announcement. The case is being prosecuted by Senior Litigation Counsel Corey J. Smith of the Department of Justice’s Tax Division.

Braintree-based Daniel J. Quirk, Inc. and Quincy Auto Auction, Inc. made a \$60,000 payment to the state’s general fund to resolve issues concerning prohibited contributions to several candidates, according to a disposition agreement between The Massachusetts Office of Campaign Finance (OCPF) and the businesses.

The two affiliated auto dealership companies, owned by Daniel Quirk, contributed \$19,500 from 2013-2015 to four candidates by providing the funds to employees, who subsequently gave the money to the political committees, according to the agreement.

An investigation by OCPF found that Quirk illegally donated money to four campaign accounts, including Gov. Charles Baker, Quincy City Councilor Brad Croall, Quincy Mayor Thomas Koch and former attorney general candidate Warren Tolman.

The dealerships arranged for employees to make 39 total contributions of \$500 each, using funds provided by the corporations.

The campaign finance law prohibits corporate contributions to candidates, and prohibits disguising the true source of funds.

The committees will disgorge the amounts they received in prohibited contributions – Koch, \$7,000; Croall, \$6,000; Tolman, \$4,000; and Baker, \$2,500. The money can be given to the state, a city or town, a scholarship fund or a charity or religious organization.

OCPF says that the candidates and committees were unaware that the contributions were made with corporate funds until notified during OCPF’s review, according to the agreement.

Quirk agreed not to solicit contributions from his employees for any Massachusetts candidate or political committee for three years, according to the agreement.

A disposition agreement is a voluntary written agreement entered into between the subject of a review and OCPF, in which the subject agrees to take certain specific actions.

The Office of Campaign and Political Finance is an independent state agency that administers the campaign finance law, MGL Chapter 55, and the limited public financing program for statewide candidates, MGL Chapter 55C. Established in 1973, OCPF is the depository for disclosure reports filed by candidates and political committees.

Book On A Mission: “Ward of the State” to Raise Money for Local Foster Kids

The story of one foster kid is on the shelves to raise money to help hundreds more. A small non-profit is taking aim at a huge goal. The Foster Kids of the Merrimack Valley is raising money to open a halfway house for kids aging out of the foster system. At the center of their efforts is a book detailing the true-life experiences of the charity’s founder, Larry Giordano, who grew up as a foster kid on the rough streets of Everett, Massachusetts in the 1950s and 60s.

“Growing up in the foster system wasn’t easy then, and it isn’t easy now,” Larry says. “I wrote the book to let people know how it was for me and to raise money to help these kids.”

He didn’t pull any punches telling his story. The book, entitled Ward of the State, details how Larry was abandoned in a hotel room as an infant and brought to live at his foster mother’s house. He was a handful right from the start. Larry and his friends ran their local park like a rogue nation, lighting kerosene fires, goading police officers, and refusing to back down from a challenge, whether it was rival gang on the baseball diamond or an all-out brawl on the basketball court.

Larry’s story, and his struggle for identity, culminates in outbursts of violence, an early enlistment in the military, and a passion for martial arts tournament fighting that would help define his life.

“It took more than two years to put it together,” says the book’s author, Jeff Ives. “We talked to neighbors, families, and friends to get the story straight, and Larry wanted to include it all. It has the cute stories about skipping Sunday School to get coffee and doughnuts, and rough stories that involve running away from cops after smashing up parking meters.”

The fact that Larry escaped arrest is a testament his foster mother, Helen Giordano, who was his steadfast guardian angel during those turbulent early years. While he lived in Helen’s house, she and her family did everything they could to help him feel safe and secure despite scarce financial resources and disapproving neighbors who were quick to label Larry as the “state ward” and an outsider.

Even after Larry came back from the Air Force, Helen welcomed him back to her house to stay while he worked and raised money to start his own life. Thanks to the stability she provided, and the discipline he learned from the military and martial arts, Larry achieved a lot from those humble beginnings. He opened a successful karate school, went on to serve in the Methuen Police Department, and was elected to a series of local offices, including State Representative.

In 2005, Larry and his wife Eileen decided to do something to help foster kids going through the same struggles Larry faced. It started by throwing holiday parties and providing Christmas gifts for kids who wouldn’t get them otherwise. They went on to provide academic supplies and backpacks to help foster kids fit in at school. During the summers they funded group outings to water parks and beaches.

Their latest goal is the biggest yet. If they are successful, they will raise enough money to open a home for kids aging out of the foster care system at age 18. These are some of the most at-risk kids in the community, just like Larry was. The stability of a halfway house will give them a strong foundation to build a life for themselves, the way Helen provided one for Larry.

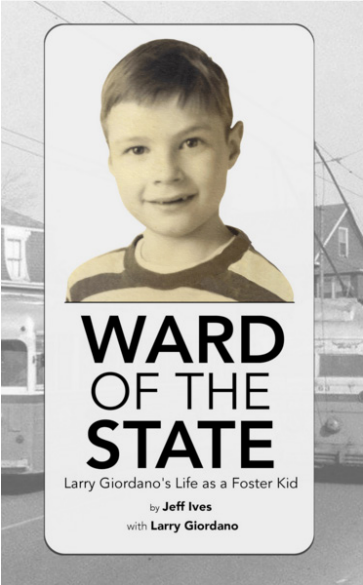
“It would mean a lot for this book that tells what my foster mother did for me helps us do the same thing for the kids out there that need it.” Larry says.

About Ward of the State: Larry Giordano’s Life as a Foster Kid

All proceeds from the sale of this book go to support The Foster Kids of the Merrimack Valley, a 501(c)3 nonprofit dedicated to serving the needs of foster children in the Merrimack Valley, Massachusetts, including all of Greater Haverhill, Lawrence, Methuen, Andover, and North Andover. The book is available for purchase here: wwwcreatespace.com/5736252 and on Amazon.com.

About the Foster Kids of the Merrimack Valley

We are a 501(c)3 non-profit organization dedicated to serving the needs of foster children in the Merrimack Valley including all of Greater Haverhill, Lawrence, Methuen, Andover, and North Andover. With hundreds of foster children in our local area, they need role models who can make a difference in their lives. Through the efforts of the organization, together with our community, our goal is to bring a positive influence into the lives of these children and support them as they grow. We offer a range of programs for local foster children of all ages. We work closely with the Department of Children and Families (DCF, formerly DSS) to make sure our programs are complementary and needed, and do not overlap with state and federally funded programs. Learn more here: www.fosterkidsmv.org



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2016

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Internal Revenue Service Reminds Taxpayers to Plan Ahead If You Need a Tax Transcript

The IRS reminds taxpayers that the quickest way to get a copy of their tax transcript is to order it online using the Get Transcript application on IRS.gov. By planning ahead, they should receive their transcript in the mail within five to 10 days from the time the IRS receives the request online.

The IRS continues to work to bring the viewable/printable functionality of the application back online in the near future with enhanced identity protection security features. In the meantime, taxpayers can still request a mailed transcript by going online to Get Transcript.

Though taxpayers should always keep a copy of their tax return for their records, some may need the information from filed tax returns for many reasons. This includes college financial aid applicants or taxpayers who have applied for a loan to buy a home or start a business.

If a taxpayer is returning to college this January and applying for financial aid, they should check with their financial aid department at school to see if they will need a copy of their transcript before they start classes. Frequently, students get all the tax return information they need on the FAFSA application via the IRS Data Retrieval Tool.

Similarly, if a taxpayer plans to apply for a loan, they should ask their financial institution if a transcript will be necessary so they can plan ahead and have it at the appropriate time.

The fastest way to get a transcript is through the Get Transcript tool on IRS.gov. Although the IRS temporarily stopped the online viewing and printing of transcripts, Get Transcript still allows taxpayers to order their transcript online and receive it by mail. Taxpayers simply click the “Get a Transcript by Mail” button to order the paper copy of their transcript and have it sent to their address of record. Among the options available:

- To order a transcript online and have it delivered by mail, go to IRS.gov and use the Get

Transcript tool.

- To order by phone, call 800-908-9946 and follow the prompts.
- To request an individual tax return transcript by mail or fax, complete Form 4506T-EZ, Short Form Request for Individual Tax Return Transcript. Businesses and individuals who need a tax account transcript should use Form 4506-T, Request for Transcript of Tax Return.

The IRS will mail the transcript to the address of record entered on the prior year’s tax return. The mailed transcript is an official document. It does not need to be a “certified” copy as is the case with some other documents. If a taxpayer has moved since they last filed a tax return with the IRS, they need to first submit a Form 8822, the Change of Address form, to ensure that the transcript is mailed to the correct address. Allowing time for the Form 8822 is another reason for taxpayers to plan ahead for their transcript needs.

If a taxpayer is applying for financial aid, they are encouraged to use the IRS Data Retrieval Tool on the FAFSA website to easily import their tax return information to their financial aid application. The temporary shutdown of the Get Transcript tool does not affect the Data Retrieval Tool. If they are applying for a mortgage, most mortgage companies only require a tax return transcript for income verification purposes. Most of these companies participate in our IVES (Income Verification Express Service) program and can request (with the taxpayer’s consent) to have a transcript sent directly to the financial institution. If a taxpayer needs to order a transcript, they should follow the process described above and have it mailed to the address the IRS has on file for them.

Remember, ordering a transcript online is the quickest option. For more information, read the IRS How Do I Get My Transcript? Fact Sheet.

Salisbury Marina Owner Fined for Failure to Prepare Safety Measures

The owner of a Salisbury marina property, has been fined \$14,380 by the Massachusetts Department of Environmental Protection (MassDEP), for failure to take necessary safety measures prior to initiating construction activities on the site at 179 Bridge Street.

The property is owned by the commercial realty firm BM, LLC, and has an Activity and Use Limitation (AUL) attached to its deed. The AUL specifically requires the formulation of a health and safety plan, and a soil management plan prepared by a licensed environmental consultant.

The AUL was conducted properly and attached to the deed on November 30, 2010 by the prior owner, Bridge Marina Trust. The AUL was finalized after residual petroleum contamination from leaking underground storage tanks had been removed. BM, LLC purchased the property on June 1, 2012, and the deed restriction was a part of the transfer at that time.

As part of an audit, MassDEP inspected the site on May 21, 2015. Extensive

excavation and trenching was observed, which MassDEP was told was due to the owner’s upgrading of the electrical utility lines. However, no site safety plan or soil management plan had been prepared and submitted to MassDEP prior to this work, a violation of the AUL.

“AULs are required to ensure current – and future – property owners take appropriate safety measures in the event soil on a contaminated site is disturbed,” said Eric Worrall, director of MassDEP’s Northeast Regional Office in Wilmington. “In this instance, the property owner did not take those necessary precautions.”

BM, LLC will pay \$7,000 of the penalty and, provided there are no further violations over 60 days, the remaining \$7,380 will be suspended.

MassDEP is responsible for ensuring clean air and water, safe management and recycling of solid and hazardous wastes, timely cleanup of hazardous waste sites and spills and the preservation of wetlands and coastal resources.

CHRISTMAS: FROM PAGE 10

needy child. It’s really is amazing.”

“This has gone so well that we expect next year to be able to have a tree at the high school for all the sports teams that want to participate and grant a wish, so we can help more needy children at Christmas time.”

Methuen State Representative Linda Dean Campbell (D), and State Senator Kathleen O’Connor Ives presented a citation to the volunteers to thank them for their hard work helping the needy at Christmas.

Linda Harvey of Debbie’s Treasure Chest could not attend because of a family emergency, but was live via telephone, listening in as Officer Licata thanked supporters and volunteers and talked about the toy drive effort.

Methuen Police Chief Joe Solomon told The Valley Patriot after the event that if other departments in the city, and other small businesses participate next year they could easily double this year’s donations to help 600 needy children in the Merrimack Valley get a Christmas present.

LAWRENCE: FROM PAGE 10

on file with the Attorney General.

It also states that a notice giving the alternate posting location must be posted outside the main and handicapped entrances to the building where the City Clerk’s office is located. There is no such notice posted outside the entrances to City Hall.

The above instances may not seem important, but 940 CMR 29.03 states that the alternate location must be consistently used. I have documented multiple instances during the past year where the Council agendas weren’t posted at this location in a manner satisfying the time requirements.

This is what prompted me to complain. After requesting that City Clerk Maloney

correct this issue and getting no action, on September 16 of last year I filed an OML violation complaint against him. City residents shouldn’t have to go on an Easter egg hunt for agendas.

Naturally the complaint didn’t get forwarded to the Attorney General’s office as required by law, so I notified them of the complaint before Thanksgiving. I received a certified letter from the Division of Open Government dated December 18 stating that the OML applies to government bodies so a complaint can’t be filed against the City Clerk.

I don’t know what’s so hard about complying with these regulations. But this is Lawrence and evidently we can pick and choose the laws we follow.

JENKINS: FROM PAGE 1

in the Army’s 293d Joint Assault Signal Company during World War II. He served from January 7, 1943 to October 1, 1945 and earned the Purple Heart and the European African Middle-Eastern Theater Campaign Ribbon. Sergeant Jenkins was one of the first soldiers on Normandy setting up communications prior to the invasion. He sustained serious injuries while serving in France during a mission to deliver a message to General Patton.

“Sergeant Jenkins is a distinguished and revered veteran and fully deserving of this proud honor,” said Rep. Tsongas. “I was honored to be able to work with the French Consulate and Director Ingham to help ensure Sgt. Jenkins received this deserved recognition. Sgt. Jenkins represents the courage and selflessness instilled in so much of that Greatest Generation. I know I speak for the entire Third District, with our rich military traditions, when I thank him for his service.”

Rep. Tsongas’ office worked closely with Mike Ingham, the Veteran’s Service Officer for Haverhill, to assist Sergeant Jenkins in obtaining the French Legion of Honor award for his service during WWII. Rep. Tsongas also sent a letter of support to the French Consulate in Boston. After final approval from Paris, Sgt. Jenkins received the award on December 10, 2015.

“As the Veterans Services Director for the City of Haverhill and as a personal friend, I was very honored to recommend Sergeant Ray Jenkins for the Legion of Honor through the Office of Congresswoman Niki Tsongas. Her office was instrumental in working with the French Consulate to ensure Sergeant Jenkins received this prestigious honor. The French people have not forgotten what men like Ray Jenkins did for their country and are proud to honor them,” said Mike Ingham, Veteran Services Director for Haverhill.

FRAUD: FROM PAGE 16

learned of AHVNA’s services complained to Troisi, informing her that the patients did not need a visiting nurse, but Troisi ignored these complaints. Similarly, AHVNA’s nurses frequently informed Troisi that the patients did not need a visiting nurse, but Troisi refused to discharge the patients and continued to cause Medicare billing.

In 2011, Medicare passed a new requirement that a physician certify that she or he had a face-to-face encounter with the patient about the need for home health care. Even after this regulation was enacted, Troisi continued to cause the submission of millions of dollars of Medicare claims for home health care even though Dr. Wilking continued to sign each order without examining any of the patients.

Galatis was convicted of conspiracy to commit health care fraud, 10 counts of health care fraud, and seven counts of money laundering. He was sentenced in

February 2015 to 92 months in prison. Dr. Wilking pleaded guilty to health care fraud and sentenced to one year of home confinement and a fine of \$7,500.

United States Attorney Carmen M. Ortiz; Philip Coyne, Special Agent in Charge of the U.S. Health and Human Services, Office of Inspector General, Office of Investigations; Harold H. Shaw, Special Agent in Charge of the Federal Bureau of Investigation, Boston Field Division; and William P. Offord, Special Agent in Charge of the Internal Revenue Service’s Criminal Investigation in Boston, made the announcement today. Assistance was also provided by the New England Benefit Integrity Support Center, a fraud contractor for the Medicare program. The case was prosecuted by Assistant U.S. Attorneys Lisa Asiaf Schlatz and David S. Schumacher of Ortiz’s Health Care Fraud Unit.

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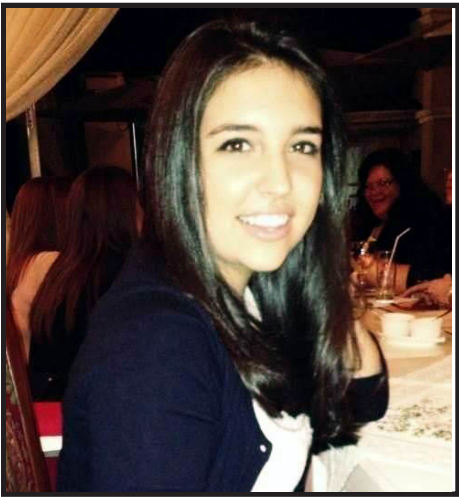
TEEN TALK WITH ANA DEBERNARDO

Being a Part of Two Places

The minute I stepped off the plane, the familiar sensations struck me like a thunderbolt. Five years had passed since the last trip, but it seems that in my absence the distinctive sounds and smells had only been put on pause. All of my fondest memories were transported into the present. The ride from the Asunción airport to Abuelita’s house in Itá Enramada seemed like an endless dream, as I struggled to realize what was truly happening. After all, I was just six years old the last time I had seen my family and I was struggling to imagine all of their faces and trying to put names to the dozens of aunts, uncles and cousins that would soon engulf me in an ocean of kisses. And, of course, I would not escape the constricting clutches of Abuelita.

Anesthetized by the jetlag, and after what seemed an eternity of driving, we finally arrived at the small adobe house. The anticipation swelled as I waited for my mother’s cue and braced myself for the savagery that was awaiting me beyond the car door. Upon opening the door, I was immediately lost in the mob of relatives, all eager to bestow the customary double kiss in every direction I turned. When the rabble had died down and the expected formalities had been exchanged, everyone was herded back into the house by Abuelita, and the yerba mate (cold tea, which we drink through metal straws from tin cups) was prepared and doled out. Now the imperative undertaking was free to begin: Chinchón. Even I, away from the spectacle for five years, understood the importance. This was not just another card game. This was suspense, hope, excitement, anger, disappointment, and joy all enveloped into one event. Sure, my parents play Chinchón with us around the kitchen table at home in Massachusetts, with the mandatory Paraguayan-style playing cards, but when a family of five plays, it is just a pleasant game...when twenty extended family members get together in Paraguay, it is a death match.

Everyone divided into the habitual groups of five, placed their bets, and dove earnestly into their respective games, following the ritual. Before long, the lively conversation quickened with the intensity of the game, the laughter punctuated by the clinking of metal straws in metal cups. I nudged my brother and we both smiled



as we watched our mom bantering in Guaraní with her sisters as she slipped back into her old routine. Within an hour of our arrival, it felt as if we had never left.

After hours of intense warfare, my very proud eleven-year-old self emerged victorious, ready to point out to whoever would listen that I, a true paraguaya, had won, regardless of my five-year absence. We wrapped up the night with another round of double kisses and a blessing from Abuelita, and as quickly as the first night had arrived, it vanished. The next two months seemed to fly by even faster. We spent our days catching up with old family friends and visiting all of our favorite haunts. We would ask Abuelita to make all of our favorite “old country” dishes, wondering if they would taste the same as we had remembered all these years. She would dutifully indulge us, and yes, the chipá guazú and the arroz quesú tasted even better than before.

Many people have asked me which I like best; living in the States, or being in Paraguay. The answer is always the same. The Boston area is my home, and I would not have wished to grow up anywhere else. I could write a separate essay all about my pride in being American. However, coming from an immigrant background does allow you another perspective that makes you feel you are part of two places. I cherish the simplicity of the Paraguayan lifestyle, the charm of the traditions, the authenticity of the people, and the uniqueness of the language and culture. The lilting Paraguayan harp’s familiar chords and the tricolor flag (red, white and blue, fittingly) awaken in me the strongest sense of pride.

TV TALK WITH BILL CUSHING



My 10 Best TV Shows of 2015

Bill Cushing
VALLEY PATRIOT TV COLUMNIST



Now that 2015 has come and gone, it’s time to look back on a great year of TV. It was very hard narrowing it down, but here are my choices for the best shows of 2015.

10. Bates Motel (A&E)— A&E’s Bates Motel centers on the early years of Psycho’s Norman Bates and his relationship with his mother Norma. Previous seasons, Norma (Vera Farmiga) was the star of this show, but this season became Normans (Freddie Highmore). Top-notch performances by Farmiga and Highmore highlighted a great 3rd season.

9. The Walking Dead (AMC) – AMC’s zombie drama continues to amaze. Never would I have thought a show about the zombie apocalypse could turn into such an incredible drama series. Great writing and acting have made The Walking Dead stand out in its genre. This year was no exception as the series and the cast turned in some of its best work.

8. Homeland (Showtime) – Homeland is a perennial resident on this list. Claire Danes and Mandy Patinkin were at their best this season. The Showtime series delivered a great, heart-pounding storyline this year. Homeland has two main strengths: character and suspense. It delivered whole-heartedly on those two strengths this season.

7. Ray Donovan (Showtime)- Showtime’s Ray Donovan, a show about a

guy who fixes problems for the rich and powerful, had perhaps its best season this year. The addition of Katie Holmes and Ian McShane to the cast breathed new life into the show. Liev Schreiber did some of his best work and Jon Voight gave his usual great performance.

6. Rectify (Sundance) – Daniel Holden is released from death row based on new DNA evidence. He returns to his hometown, where everyone still believes he is guilty. The series centers on Daniel, his family, and his small hometown as they adjust to his return home. Aden Young’s underrated performance as Daniel is still the show’s rock.

5. Bloodline (Netflix) – Bloodline, the latest binge worthy show from Netflix is a deliberately paced thriller. It unfolds like a long, engrossing novel. The show is about a family living and running a resort in the Florida Keys. Things take an unexpected turn when the black sheep son of the family returns to dredge up the past and expose some deep secrets that the family is hiding. Ben Mendelsohn gives one of the performances of the year as Danny, the aforementioned black sheep. Kyle Chandler is also excellent as his big brother John, and sheriff of the town.

4. Fargo (FX) – Fargo topped many 10 best lists in its first season last year. It was #2 on mine. This season was not quite as good as the first but it was still good enough to make my list. Kirsten Dunst’s outstanding performance carried the season

3. Better Call Saul (AMC) – A spin-off to the greatest drama series ever? It couldn’t work, could it? Not only did it

TV TALK: PAGE 27



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LYONS: FROM 13

these issues in a way that protects taxpayers and local communities. The Baker Administration was forced to address the \$1 Billion gap he inherited from Governor Patrick, while simultaneously protecting Local Aid. My vote in favor of the budget recognizes this important accomplishment. It is an outstanding beginning. But, as I said, we still have much to do in the future.”

This year’s budget contained significant funding increases in Local Aid for cities and towns, including:

- \$4.5 billion in Chapter 70 education aid, an increase of \$111.2 million;
- \$979.8 million in unrestricted general government aid, an increase of \$34 million
- \$271.7 million for the special education Circuit Breaker, an increase of \$18.3 million, funding the state’s share of special education aid for local school districts at 75%
- \$59 million for regional school transportation, an increase of \$7.5 million;
- An additional \$80.5 million set aside for charter school reimbursements to cities and towns, an increase of \$3.6 million.

Rep. Lyons also pointed out that the 2016 state budget is the first since he was elected to office that does not draw down the reserves in the essential state Stabilization Fund. “Rather than ‘raid’ the fund to pay for current over-spending as has been done in the recent past,” Lyons said, “we managed to add \$120 million through the supplemental budget. The fund now stands at \$1.25 billion, a protection for taxpayers in the future. We also pre-paid \$113 million of the state’s debt earlier than scheduled, avoiding extra interest charges that our taxpayers would have been saddled with. As I said, after the waste, poor oversight, and over-spending of the previous administration, we have turned a corner. We have made a good start.”

Rep. Lyons identified other areas in which the Administration has made progress. Lyons is backing Governor Baker’s proposed opioid bill (House Bill 3817) to give more tools to frontline work-

ers who are dealing with this epidemic. The Governor’s bill – which calls for a multi-pronged approach that focuses on education, prevention, intervention, treatment and recovery – was heard by the Joint Committee on Mental Health and Substance Abuse on November 16 and has drawn the unanimous support of the House Republican Caucus. Lyons testified in favor of the bill at that hearing.

With an average of four people dying from an opioid overdose in Massachusetts every day, Representative Lyons has also been working closely with his colleagues to address the terrible scourge of substance abuse that is tearing apart families and communities across the state.

In response to this public health crisis, the Fiscal Year 2016 state budget included funding for:

- Opioid prevention grants;
- The establishment of two new recovery high schools;
- New clinical stabilization beds for detox treatment;
- The creation of a municipal bulk purchasing program to provide first responders with the anti-overdose drug Narcan at reduced costs

In the FY2016 budget, Lyons was the sponsor of an amendment (#819) to adequately fund adult residential addiction treatment centers at the level needed to address the crisis. “We made our case to our colleagues and the administration, and nearly \$30 million was eventually provided for the prevention and treatment, including new treatment beds,” commented Lyons.

Representative Lyons cited other key policy and funding initiatives approved by the House of Representatives and signed into law this session. Those initiatives include:

- Fentanyl trafficking – The Legislature enacted a fentanyl trafficking bill on November 18 that imposes a prison sentence of up to 20 years for manufacturing, distributing or dispensing more than 10 grams of fentanyl or any of its derivatives. Previously, individuals could only be charged for the lesser crime of

THE PEST END GIRLS!

Though we have enjoyed an extremely mild fall, we know all-too-well that winter in New England can quickly sneak up on us and inflict a lot of misery. In addition to backbreaking shoveling and worrying about the snow piling up on our roofs, winter weather causes other issues that we may not necessarily immediately consider or notice such as our landscaping and hardscaping efforts. During the spring and summer months, we often invest a lot of time and money into maintaining and improving our yards and properties. The cold, snow and ice can severely undermine our endeavors. Below we have provided some helpful tips on how to best preserve all of the hard work and effort that has gone into making your yard beautiful in the warmer months.

Be Aware of Pests - Outdoor pests tend to either die off or overwinter in other places during the colder months. However, winter is a great time to observe and inspect around your patio or walkways for signs of pests in order to treat for them in early spring before they can cause damage later in the year.

Reduce Use of Salt or De-Icers - Reduce your reliance on corrosive de-icers such as sodium chloride or calcium chloride and gas-powered equipment. These products may damage your brick and stonework. In addition, they can severely injure your lawn. For minor snowfall events, immediately removing snow and ice will help to avoid the need for de-icers. When necessary, use environmentally friendly types of de-icers such as magnesium chloride or potassium chloride to



help minimize their impact on your brick, stonework and lawns.

Be Aware of Snow Removal Equipment - Using powerful and heavy equipment to blow or plow snow may lead to damage on your lawn. Make sure to properly mark your driveway to ensure the plow blade does not dig up portions of your lawn. If there is heavy snowfall during the winter and the only place to pile it is on your lawn, designate a specific area where you would like the plow to push it to ensure minimal damage to the rest of your lawn.

Keeping these tips in mind will help maintain your yard’s beautiful appearance. Now, let us all cross our fingers and hope for a mild, snow-free winter and an early spring!

fentanyl possession, but Representative Tim Whelan (R-Brewster), a former State Police sergeant, helped raise awareness of the dangers of this synthetic painkiller, which is 50-100 times more potent than morphine and has been linked to multiple fatal overdose deaths in Massachusetts and across the country.

• DCF reform – The Legislature has taken steps to support the Baker-Polito Administration’s efforts to implement reforms at the Department of Children and Families to ensure the protection of children entrusted to the state’s care. The Fiscal Year 2016 budget included a \$35.5 million funding increase for DCF for the hiring of new social workers to help

reduce the agency’s caseload. The fall supplemental budget included an additional \$2.2 million to address immediate staffing and training needs at DCF, along with a \$1 million reserve to provide training and supports for foster families and adoptive families.

Looking ahead to 2016, Representative Lyons noted that he would maintain his vigilance on behalf of families, taxpayers, and the communities of Andover, Tewksbury, Boxford, and North Andover. “We have turned an important corner,” he reiterated. “It’s my job to continue serving the needs and interests of our families. I have every hope that future bills and budgets will keep us moving forward. That’s what I will be working for.”

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BABIES AND BRIEFCASES

IN THE GROOVE with Cindy Annis

Why Women Make Great Leaders

Cheryl Hajjar
VALLEY PATRIOT MOMMY COLUMNIST

Today nearly 46% of privately owned companies in the US are at least half owned by women. Women are starting businesses at 4 times the rate of men. However, the path to the C-Suite for women is both exciting and daunting at the same time. Yes, women do have the same opportunities as men to get there but the female road is sometimes challenged by a series of potholes and detours. If women can survive the obstacle course, they make for amazing leaders. Lets take a look at some of the qualities that put women at the top of the leader list:

1. Empathy - The ability to feel what others are feeling comes easy to the female. Our women's intuition can detect the slightest notion that an employee may be overworked or struggling. Knowing how to identify with others is a great way to solve problems and correct situations.
2. Women Know How To Succeed Against The Odds - Ask any female executive out there what their key to success is and they will tell you learning how to work harder than their male counterpart and be the unquestionably best at their job. Women who have climbed the corporate ladder have faced some kind of discrimination at one time or another. Learning how to overcome and move on flawlessly is what it takes to be an effective leader.
3. Effective Communication Skills - Leaders spend the bulk of their time communicating and women are great communicators. We love to talk things through, that's no secret. Traditionally women are better than men at verbalizing what they think.
4. Better at Nurturing - The majority of people will tell you that women are better at nurturing others than men are. This skill makes it easier for a female leader to empower and inspire their co-workers. A company is only as strong as its team and women score high on this list when it comes to relationship building and collaboration.
5. Teamwork - Women work great being part of a team. We tend to be more mutually



- supportive and commutative working together than do men. This leads to effective production. Employees work much better when they feel they are a part of something. It is good to know that your work as an individual contributes to the team.
6. Relationships - There is a lot of evidence that women pay a lot of attention to the quality of relationships. The special thing that some leaders bring to the table is knowing how to bond people together to produce connectivity among members. When conflicts arise, women know how to address the issues and resolve them.
 7. Women Motivate - Women are cheerleaders and love to offer words of encouragement and pats on the back for jobs well done. We like to find out what motivates people into action.
 8. Great Listening Skills - Women are great listeners and great friends. When someone talks to us, we will give them our undivided attention. We are genuinely interested in what their issue is and love to give suggestions to help solve their problem. As a leader, this can be an amazing quality that will not only help work through issues, but also let the employee know that we care.
- It's not entirely fair to label all of these qualities as strictly female. Sure men can possess some of these qualities, and they do. There are also bad female bosses out there who are ruthless and just down right mean but overall, if you choose to have a female leader in your company, you will be glad you made that decision.

THE PARTRIDGE FAMILY
One of the most-loved musical acts of the 1970's that had its own television show to go along with the music was "The Partridge Family."
The Partridge Family television show was put out by Screen Gems Productions. The show, about a widowed woman who is trying to raise five kids on her own was written by Bernard Slade and produced and directed by Mel Swope. Studio musicians created the sound of the Partridge Family. On Friday, September 25, 1970, the show was aired for the first time.
The kids in the show were Laurie, played by Susan Day; Keith, played by David Cassidy; Tracy, played by Suzanne Crough and Christopher, played originally by Jeremy Gelbwaks and replaced after the first season by Brian Forster.
David Cassidy was born David Bruce Cassidy in New York City on April 12, 1950. In 1969, Cassidy studied acting and was in his first musical. He began playing guitar as a teenager. At age twenty, he got the role as Keith Partridge. To make him sound younger on the songs, the record company sped up his voice after he recorded the vocal.
The mother of the Partridge family was played by Shirley Jones. She was born on March 31, 1934 in Charleroi, Pennsylvania. At a young age, Jones started singing in the church choir. On August 5, 1956 she married Jack Cassidy. Jack already had his son, David, at that time. Jones had three kids with Cassidy named Shaun, Patrick, and Ryan. In 1955, she was in the movie "Oklahoma." A year later she was in "Carousel." In 1962, while she was pregnant with Patrick, she played the role of a librarian and piano tutor in "The Music Man."
Most of The Partridge Family never played instruments or sang the songs. Studio musicians and singers helped make the sound of The Partridge Family. Hal Blaine played the drums. Larry Knechtal played the keyboard. Larry Carlton played the guitar. For some songs, Jim Gordon also played guitar.
Vocally, David Cassidy and Shirley



Jones were the only members who sang, and David Cassidy played the guitar. John and Tom Bahler, as well as Ron Hicklin helped with the male vocals. Jackie Ward started her career recording a demo at age 21 that turned into a big hit record. The 1963 #14 song was called "Wonderful Summer" under the name Robin Ward. She helped with the female vocals for The Partridge Family.
All eight of The Partridge Family albums were on the Bell Record label. Their first single was "I Think I Love You." Less than a month after its debut on ABC, it entered the top 100 national charts in October of 1970. Within a few weeks the song reached #1 and sold over four million copies.
Nine songs in total reached the Top 100, three which hit the top 10 including #9 - "I'll Meet You Half Way" (1971), #6 - "Doesn't Somebody Want To Be Wanted?" (1971), and #1 - "I Think I Love You" (1970).
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I Will Make All Things New

Peter Larocque
VALLEY PATRIOT COLUMNIST

In my last two columns I have been focusing on the truth that God is doing something new, based on the scripture taken from Isaiah 43:19. I thought it appropriate to conclude this series as we celebrate the New Year with my first column of 2016!

In part 1, I covered that once we get born-again, where we go from death to life, God places us in Christ making us New! In part 2, I covered that we are no longer under the Old Covenant, The Law of Moses, and the 10 Commandments. We are now under The New Covenant of Grace. Today God no longer judges us by our sin; he remembers our sins no more! This is all summed up in 2 Corinthians 5:21, “For He [God] made him [Jesus Christ] to be sin for us, [you and I] who knew no sin, that we [you and I] might be made the righteousness of God in him.”

Now, I would like to conclude this series by sharing what else that God did that was new, What God is still doing new and what God will do new in the future.

The Bible teaches us that God has three classifications of people, we read about this in 1 Corinthians 10:32, “Give none offence, neither to the Jews, nor to the Gentiles, nor to the church of God:” Before getting born-again, we are either a Jew or a gentile. But after we are sanctified by the blood of Christ, we now belong to the Church of God.

Knowing this, we can now read Ephesians 2:13, “But now in Christ ye [you and I] who sometimes were afar off are made nigh [next to kin] by the blood of Christ. (14) For he is our peace, who hath made both [Jew and gentile] one, and hath broken down the middle wall of partition between us; (15) having abolished in his flesh the enmity, [separation] even the law of commandments contained in ordinances; for to make in himself of twain [two] one New Man, so making peace;” Because of the blood of Jesus Christ at the time of the New Birth, there is no longer a separation between Jew and Gentile, so making peace, so making a New Man.

This New Man can now walk in Newness of Life. We can read this in Romans 6:3-4, “Know ye not, that so many of us as were baptized into Jesus Christ were baptized into his death? (4) Therefore we are buried with him by baptism into death: that like as Christ was raised up from the dead by the glory of the Father, even so we

also should walk in newness of life.” Once we are born-again, God places us in His New Church which got its beginning on Pentecost which we read about in Acts 2:1-4.

Before reading this, we must go a few days earlier when Jesus gave his final instructions to his Apostles which we read about in Acts 1:4-5, “And, being assembled together with them, commanded them that they should not depart from Jerusalem, but wait for the promise of the Father which, saith he, ye have heard of me. (5) For John truly baptized with water; but ye shall be baptized with the Holy Ghost not many days hence.”

Now we are ready to read Acts 2:1-4, “And when the day of Pentecost was fully come, they were all with one accord in one place. (2) And suddenly there came a sound from heaven as of a rushing mighty wind, and it filled all the house where they were sitting. (3) And there appeared unto them cloven tongues like as of fire, and it sat upon each of them. 4 And they were all filled with the Holy Ghost, and began to speak with other tongues, as the Spirit gave them utterance.”

This day of Pentecost is what God had been waiting for, for a very long time! This was the birthday of the New Church, the Church of God! For the first time being born-again of God’s Spirit became available!

On this day they heard a New sound from heaven they never heard before. They saw something New, cloven tongues like as of fire, that they never saw before. They spoke something New; they began to speak in other tongues, [languages] that they never spoke before.

This is how the New Man is to walk in Newness of Life! The New Church is called to speak New things which it never said before. The New Church is called to Hear New things which it never heard before. The New Church is called to See New Things it has never seen before. The New Church of God is to bring Heaven to Earth in a way that is New and Relevant to 2016!

In conclusion, as we walk in Newness of life, until we draw breath no more or Jesus comes for us and at that time we will receive a New Body fashioned like unto His glorious body as it says in Philippians 3: 21, “ Who shall change our vile body, that it may be fashioned like unto his glorious body,…”

LAROCQUE: PAGE 24



This is Israel’s Secret Sauce

Forest Rain
VALLEY PATRIOT ISRAELI COLUMNIST

I read two pages and burst in to tears. Startled, Lenny asked me “Why are you crying?” Looking at my book, “Hit Team” about the Munich Olympic Massacre, he said: “But you know what happened there. And you’ve seen the countless attacks that have happened since. What made you cry now?”

He was right of course. I was crying about a terror attack on Israelis that occurred before I was born because I had seen it so many other times – both the horror and the beauty.

At the time, the horror of the terrorist attack on the Israeli athletes stunned the world. Now it is almost taken for granted, as if the slaughter of innocent Israelis is only to be expected. What was overlooked then, as it is now, is the sublime grace of Israelis under attack.

In Munich it was Moshe Weinberg who, sensing the danger, threw himself up against the door, screaming at his friends to escape before the terrorists could enter. Gad Zavarj survived because Moshe blocked the terrorists, giving him enough time to jump out of the window. Joseph Gutfreund did the same, blocking the door so his roommates could escape.

It was not about their own safety that they were thinking; it was about their friends.

Last week it was Ofer Ben Ari who put himself between terrorists and a fellow Israeli they were stabbing. Driving in Jerusalem, Ofer witnessed the attack in progress, flung himself out of his car and battled the terrorists barehanded. The person he wanted to save wasn’t someone he knew. He wasn’t a friend but he was family – a fellow Israeli, under attack simply because he was an Israeli.

Without making any special effort I can tell you of six more people who have consciously placed themselves between terrorists and others, sometimes friends, sometimes strangers, knowing full well that they would probably not survive. If I think about it I can tell you of many more incidents (I have written about a number of them).

I’m sure that most people around the world can comprehend battling a murderer to protect a loved one. How many can picture themselves shielding a stranger, taking the danger on themselves in hopes that the stranger would survive?

That is Israel’s Secret Sauce. Israel confuses many people (sometimes we confuse ourselves). We argue and fight constantly about pretty much everything. How to run the country, what it means to be Jewish and what the future of our Nation will be are common disagreements.

Tank plastered in blessings from children
Wrapped in love: July 2014, IDF soldiers plaster their tank with letters of encouragement from Israeli children.

There is one thing that Israelis universally recognize and define as “that is Israel”: Israel’s Secret Sauce.

It’s what led the entire country to come to a standstill when Gilad Shalit was returned home. The Nation (no matter what disagreements there were about how to get him back) held her breath to see one Son of Israel back where he belonged.

It’s what led the State of Israel to count and search for every single Israeli in Nepal during the devastating earthquake this past April. After 1,999 people had been found, it became clear that something had happened to Or Asraf. The Israeli embassy sent help: search and rescue experts as well as medical personnel to set up a field hospital for anyone needing assistance. When Or wasn’t found his friends from the army set up their own search and rescue mission, flying to Nepal to bring him home. They did not rest until Or was found and returned to Israel for burial.

“No man left behind” is not a slogan. Israel’s Secret Sauce is what magnetizes Israelis abroad to automatically find each other and build their own little community. The people might be argumentative, annoying, with vastly different world-views but when it really matters they will be there for you. Family.

We have something no other nation on earth has. Israel is and has many things: history, faith, culture etc. but there is one thing that ties it all together: the Secret Sauce.

Can you say without a shadow of a doubt that your neighbors would die to protect you? I can. Can you say without a shadow of a doubt that your country would swoop in to rescue you if you were trapped someplace half way around the world? I can.

Israel’s Secret Sauce is Love. And what our enemies don’t understand is that the harder they try to destroy us, the stronger we become.

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AMERICAN LEGION NEWS

John Lenotte
VALLEY PATRIOT VETERAN COLUMNIST

It is almost difficult to believe another year has come and gone. Time again for our New Year’s resolutions. Hopefully I can stick with most of them! Some are the usual ones: lose weight, exercise more, work to be more healthy overall, spend more time with family and friends, take more vacation time, and be a bit more cautious in spending money. Good luck to me and you on this list.

As I look forward to an important year with national elections for President and Congress, I am adding a few more resolutions. I will make an effort to listen to the debates of both major parties; I will pay no attention to their advertising; and I will become informed on the facts that the candidates present along with their plans for the future of our country. This will mean that I will turn to websites such as the following: www.votesmart.org; www.politifact.com and www.factcheck.org. Here I will look to see what the actual facts are!

My personal opinion is that our federal government is out of control. Examples follow.

The Internal Revenue Service issued more than \$46 million in erroneous tax refunds due to a computer glitch and ineffective monitoring. This is from an audit by the Treasury Inspector General and reported in the news on December 22, 2015. A report dated November 19, 2015 and listed on the website, www.treasury.gov, states the following: Improved Tax Return Filing and Tax Account Access Authentication Processes and Procedures Are Needed; Authentication Methods Used for Online Services Do Not Comply With Government Information Security Standards.

The Wall Street Journal, on December 23, 2015, reported that there is an Immigration Visa program known as EB-5 that gives green cards (permanent resident) to foreigners who invest at least \$500 thousand in certain businesses. As of September 30, 2015 there were 17,367 pending applications. Each year 10,000 of these visas are allocated. There are concerns about fraud, and the Securities and Exchange Commission has filed numerous lawsuits in recent months over failure to disclose conflicts to investors and of using money meant for a business for their personal



John Lenotte is the recipient of the 2012 Valley Patriot Hero of the Year Award and is Commander – Wilbur M. Comeau Post 4, The American Legion, Haverhill MA; Past Commander – Department of MA. Contact: JohnLDistrict8@verizon.net

gain. Yet the US Senate has pushed for a 10-month renewal of this program.

We have all seen valid reports in the news about continued mismanagement at the Department of Veterans Affairs; the data breach at the Office of Personnel Management and breaches of data affecting National Security. The economy still struggles. No one will act on reforming the Tax Code. Social Security reform is needed along with a review of government regulations. A lot of discussion goes on about all this but no one takes action. Look at Immigration Reform and this whole crisis, which impacts National Security and the Economy. Personally, all I see is the blame game from both parties, which results with no actions taken.

I can promise you that I will be voting in November 2016. As a young student in school, I was taught that it was my civic duty to vote. History has shown that many men and women have given life, limb and fortune to fight for this right. Every vote does count. I hope you will join me in line at the voting booth.

May God Bless America and the troops who sacrifice to keep us free.

New Year Reolution: Lose Weight!

Rick Bellanti
VALLEY PATRIOT WELLNESS COACH

I received a great question this week and thought I’d address it here this month since it’s the start of the New Year, when everyone is gearing up with their 2016 New Years Resolutions.

Where do you get your motivation from and how do you maintain it to not only begin, but to keep up with the workouts?

Everyone’s motivation for losing weight, working out and getting into shape will vary, but we all pretty much have the same goal in mind: being healthy. You may have a reason such as an upcoming wedding or class reunion where you want to look your best, or it could be something more serious like a doctors warning that you need to get healthier.

Mine was the latter, I met with my doctor in late January 2015 and I was 415lbs and diagnosed with Type II diabetes, high blood pressure, and bad cholesterol levels. Just walking was an issue, because of bad knees and bouts with Gout in my foot. I was put on all the necessary medications to treat everything on a daily basis, but nothing was going to cure it. I was being pushed by my doctors to have gastric bypass surgery, and was considering having it done to get my life back.

I then decided I wanted to give it a try on my own without having the surgery. I started with a nutritional program that opened my eyes and taught me so much about nutrition and supplementing our bodies with the right fuel (please email me or message me for specific details on the

program). Seeing my progress every week gave me the motivation to keep going. Losing weight took my energy levels to new heights and I found myself actually wanting to go to the gym. Glad to say after 8 months I had lost over 90lbs and the doctor was happy and discontinued all the medications, so that was another motivation to keep me going. Getting my health back and being their for my nine year old daughter became my “WHY” and when your why is big enough, you will find your how.

Some of the best ways to keep motivated is to find a friend to partner up with and workout together and by making the workouts fun, you will enjoy it together and help motivate each other. Make sure you always have a “before” picture, so you can always see how far you’ve come. Set and track goals it will help motivate you as you see your progress.

Please stick it out, you didn’t gain the weight or become unhealthy overnight, don’t expect results to happen overnight. You may have a bad day or two, keep going, string a couple good days together, then stretch it to a week, then a month. Let the good days outweigh the bad days and you’ll be surprised at your thirty day results. And always: Think about why you started in the first place.

Rick Bellanti is a wellness coach and is on a journey himself to lose 240lbs, and has lost 120lbs since the start of 2015. If you have any questions or comments, please post them to his Getting Healthy with Rick Bellanti Facebook page and once a month, he will address a few of the topics here.

LAROCQUE: FROM PAGE 23

Then at the right time again, the New Things we read about in Revelation 21: 1-5 come to pass. Revelation 21:1-5, “And I saw a new heaven and a new earth: for the first heaven and the first earth were passed away; and there was no more sea. (2) And I John saw the holy city, New Jerusalem, coming down from God out of heaven, prepared as a bride adorned for her husband. (3) And I heard a great voice out of heaven saying, Behold, the tabernacle of God is with men, and he will dwell with them, and they shall be his people, and God himself shall be with them, and be their God. (4) And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for

the former things are passed away. (5) And he that sat upon the throne said, Behold, I make all things new. And he said unto me, Write: for these words are true and faithful.”

Behold, I [God] make all things New beginning with us, making us a New Creation in Christ, The New Man, placing us in The New Church giving us a New Covenant of Grace where we can Hear and See and Speak New Things until Christ our Lord returns and we receive our New Bodies! This brings us to The New Heaven and New Earth where there is no more death, sorrow, crying or pain. Behold I make all things New!

Happy New Year! Peter Larocque

AICUM: FROM PAGE 16

ing independent higher education here in Massachusetts,” said AICUM president Richard Doherty. “AICUM’s member colleges not only bring countless educational opportunities to young people across the state, but they are an economic engine driving innovation throughout the Commonwealth. The breadth and strength of our state’s higher education community was highly visible at this annual event.”

The Association of Independent Colleges and Universities in Massachusetts

(AICUM) was founded by independent college presidents and today comprises 58 degree-granting, accredited independent colleges and universities in the Commonwealth. It is the leading voice on public policy matters affecting independent colleges and universities in Massachusetts. AICUM plays a critical role in advocating for state and federal funding for need-based student financial aid, research and other actions which address state and Federal legislative and regulatory issues.

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Corporate Money-grubbing Medicine Has Been Here a Long While

Bharani Padmanabhan, MD, PhD
MEDICAL CORRUPTION COLUMNIST

The Boston Globe and other Pravda-style mouthpieces for entrenched power centers extoll Boston hospitals as the world's best, do-gooders, the fountain of innovation, etc.

Very rarely and after carefully claiming that it is an isolated event due to some rogue physician and not the hospital itself, the Globe has reported on some failures. The death of Globe columnist Betsy Lehman is a classic example, where the Globe blamed a junior doctor, Dr. Lois Ayash, who was nowhere on the scene, instead of bigwigs within Dana Farber. Being made of sterner stuff, the plucky Dr. Ayash sued the Globe and won \$2 million.

The Globe chose to pay \$2 million rather than name and shame the hospital bigwigs.

Money plays a hugely dominant role in all decisions made by Boston's hospitals.

John Kerry's surgeon had been trying for years to stop MGH from allowing two surgeries to begin on two patients at the same time under one surgeon. Dr. Dennis Burke was thrown out of MGH as a result, and surgeons who bill for two surgeries at the same time were supported by MGH even after the Globe reported on massive injuries suffered by patients. Dr. Burke was warned he would "never be forgiven" for caring about patients. MGH now claims it has a new policy. It requires surgeons to be within a QUARTER MILE of the operating table where "their" patient is being operated on. Dr. Burke is on course to being hounded by the Massachusetts Board of Medicine.

Another money case that has been boiling for a while is the use of power morcellators at the Brigham. Power morcellation is a technique that spreads cancer around a woman's abdomen and appeals to doctors who get money from device manufacturers to use and promote their power morcellators. Money comes into the hospital for using power morcellators.

Naturally, Brigham executives were unhappy with Dr. Hooman Noorchashm and his wife Dr. Amy Reed for informing Congress about the danger of power morcellation. Dr. Reed got cancer from power morcellation and gets her surgical care from her former colleagues at the Brigham. The couple used to both work at the Brigham and still have friends there.

The last time Dr. Reed came in for surgery, they were met by security guards, subjected to a "humiliating and distressing physical search" and her husband Dr. Noorchashm was kept under physical guard while she was in surgery. Being honest and plucky they immediately complained to Suffolk Superior which condemned the Brigham the next day for claiming Dr. Noorchashm was a security threat and ordered the hospital to lift the 'security' drama.

Dr. Reed can now both get cancer care and talk against the power morcellators that Brigham & Women's Hospital finds most profitable and which spreads cancer inside women. If the court had not immediately helped, the hospital would have successfully driven away and silenced a cancer patient in order to help bigwigs with a financial interest in power morcellators.

Pharma companies go to great lengths to get their expensive brand name drugs on hospital formularies. Patients who get started on drugs in the hospital stay on them as outpatients. It is thus profitable to capture them from the get go.

Doctors who stand up and block certain brand name drugs from getting onto the formulary when cheap generic alternatives are available, get hounded out of medicine itself. They get reported to the Board of Medicine as selling opioid prescriptions to known drug addicts then get condemned to the Physician Health Service as being drunks and druggies themselves, knowing it is totally false. The Physician Health Service exists to detain honest physicians in purgatory and block them from ever

MEDICINE: PAGE 27

THE DOCTOR IS IN!

New Year's Resolutions for Good Health and Happiness

Dr. Frank MacMillan, MD
VALLEY PATRIOT MEDICAL COLUMNIST

Years end is a good opportunity for us to look back and take stock in what is good and what is not so good. Yes, the turning of the calendar year is an artificial boundary, but why not use this as an opportunity to leave the old behind and make a renewed effort to do something better. Let me make some suggestions:

First, the tobacco companies want you to think that the issue is the government nanny state infringing on your freedom. This is a clever appeal, but it's really not true. The government makes a lot of money on smokers and would be happy to have more. Do yourself a big favor. Change your brand of smokes so you don't enjoy it so much and pick a quit date. Declare your own independence day. I guarantee that no one I ever got to finally quit has ever regretted it. If you care about your health, it is the most important and quickest pay back you can get for your investment.

Let's face it; America invented the supersize, not our proudest achievement. Take this opportunity to plan on how you are going to lose some extra weight this year. Most of us don't become fat overnight. A few pounds here, a few pounds there, they do add up over time. If you resolve just to not gain any weight this year, you are adding years to your life. It's even better if you can limit portions, limit junk food, and sugary soda. It may taste good now, but you know you won't feel better after consuming it. So, simply measure your portions, get some extra activity and start maximizing your time above ground for your own happiness and contentment.

Get some good sleep. Most of us don't prioritize our own needs and neglect our own health. Poor sleep from obesity, al-



Dr. Frank MacMillan, Jr., MD, FACC specializes in Gastroenterology and Liver diseases, is a Fellow of the American College of Gastroenterology and it's Massachusetts Governor. He is Vice President of the Massachusetts Gastroenterology Association. Dr MacMillan is a native of North Andover and practices Gastroenterology in Haverhill at Merrimack Valley Hospital, where he currently serves as the Chief of Medicine. He has also been a member of the North Andover Board of Health since 2007. You can email Dr. Frank at fpmacmillan@comcast.net

cohol, drugs, and late night distractions affect our mood and our ability to enjoy life. Make time to get good quality sleep and you will be astonished at how well you enjoy your waking hours. Benjamin Franklin was right on this one.

Move on from negative people in your lives. I meet so many people, so many times a day that have poor interpersonal relationships. They are invariably stressed out and unhappy. If someone in your life is not adding, but rather sucking the life from you, it is time for new friends. Just be sure that you are not part of the problem. Nobody wants or needs an overly needy friend. Debbie Downer and Eeyore will bring you down. Don't be a downer. Separate yourself from negative people.

Resolve to do something for you this year. If you find yourself always doing for others, but at the expense of your own advancement or happiness, it's time for a makeover. Yes, we get satisfaction from serving others. But, even if you are a saint or a mother, you need to put on your own oxygen mask first before you do it for someone else. Anyone who has ever flown on an airplane knows this. Make a plan to change something in a positive way in your life and work toward achieving it. I'm not saying to abandon your responsibilities, but understand that when you do well for yourself, those around you also benefit! Wait, I am sounding like Joel Osteen, but you get the idea.

Lastly, don't worry about things you don't have control over. Do what you can to make things better, but also understand that it will be someone else's battle if you are not there. Work on making your experiences and relationships in life to be what defines you and not the stuff you accumulate. Resolve to be happy, share it with your families and good friends, and have a wonderful and exciting New Year!



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U.S. Army National Guard Soldier Pleads Guilty to Attempting to Provide Material Support to ISIL

A soldier in the U.S. Army National Guard pleaded guilty today to federal charges that he conspired with his cousin to provide material support to a foreign terrorist organization in the Middle East.

Hasan R. Edmonds, 23, of Aurora, Illinois, pleaded guilty to one count of conspiring to provide material support to ISIL, a designated foreign terrorist organization, and one count of attempting to provide material support to ISIL.

The charge was announced by Assistant Attorney General for National Security John P. Carlin, U.S. Attorney Zachary T. Fardon of the Northern District of Illinois and Special Agent in Charge Michael J. Anderson of the FBI's Chicago Division.

"Hasan and Jonas Edmonds conspired to provide material support to ISIL," said Assistant Attorney General Carlin. "They admitted planning to wage violence on behalf of ISIL in the Middle East and to conduct an attack on our soil. Thanks to the efforts of many prosecutors, agents and analysts, we were able to ensure these plotters did not attain their violent endgames, and with these guilty pleas, they will be held accountable. Counterterrorism remains the department's highest priority, and we will continue use all

available tools to combat ISIL, a foreign terrorist organization that rapes, murders and enslaves Muslims and non-Muslims alike."

"The top priority of federal law enforcement is to protect the safety of our citizens, both here and abroad," said U.S. Attorney Fardon. "We will vigorously investigate and prosecute those who align themselves with ISIL and its mission of brutal violence."

According to the plea agreement, Hasan Edmonds and his cousin, Jonas M. Edmonds, devised a plan for Hasan Edmonds to travel to the Middle East for the purpose of waging violence on behalf of ISIL. Hasan Edmonds admitted that on March 25, 2015, Jonas Edmonds drove Hasan Edmonds to Midway International Airport in Chicago so that he could board a flight to the Middle East.



According to the plea agreement, after dropping off Hasan Edmonds, Jonas Edmonds went to Hasan Edmonds' residence and retrieved several of Hasan Edmonds' National Guard uniforms, which Jonas Edmonds planned to wear as a disguise during a planned attack at the National Guard base in Joliet, Illinois.

Hasan Edmonds is a member of the Army National Guard and had trained at the Joliet installation.

Law enforcement agents on the FBI's Chicago Joint Terrorism Task Force arrested Hasan Edmonds at Midway Airport before he could board his flight. Shortly thereafter the agents arrested Jonas Edmonds at his home. The cousins are citizens of the United States.

The charges against Hasan Edmonds carry a combined maximum sentence of 30 years in prison and \$500,000 fine.

U.S. District Judge John Z. Lee of the Northern District of Illinois scheduled a sentencing hearing for March 18, 2016.

Jonas Edmonds, 30, of Aurora, pleaded guilty last week to one count of conspiring to provide material support to a designated foreign terrorist organization and one count of making a materially false statement to a law enforcement officer regarding an offense involving international terrorism. He faces a maximum sentence of 23 years in prison when he is sentenced by U.S. District Judge John Z. Lee on Jan. 27, 2016, at 2:00 p.m.

The case is being investigated by the FBI's Chicago Joint Terrorism Task Force. U.S. Customs and Border Protection, U.S. Immigration and Customs Enforcement (ICE) Homeland Security Investigations (HSI), the Illinois State Police, the Aurora Police Department and the Illinois National Guard provided significant assistance in the investigation.

The case is being prosecuted by Assistant U.S. Attorneys Barry Jonas and John Kness of the Northern District of Illinois; and Trial Attorney Lolita Lukose of the National Security Division's Counterterrorism Section.

CANDIDATES: FROM PAGE 7

immigration, but not immigration in general. This has widely been misrepresented by the so-called news media. He supports the NSA (a big issue for me). He is pro-life but wasn't always pro life, and he is pro-second amendment. He is for a strong military, pledged to blow up ISIS and Al-Qaida, wants to build a wall on our southern border, and pledged the death penalty for cop killers. He has never held elected office or worked in government.

TED CRUZ: Cruz is a United States Senator from Texas. He is probably the most socially conservative of the top candidates and is the favorite of social conservatives, as well as the fiscal conservatives in the Tea Party. Cruz is not well liked by the establishment Republicans or the insiders, which is odd because now he is one.

Cruz is also very fiscally conservative and mirrors his political beliefs with his religious beliefs. He is pro-life, pro-gun, strong on border security and national security. Cruz is hostile to the NSA and has no administrative experience.

But, despite being beloved by many in the Tea Party, Cruz does have crossover appeal

within the GOP. If he wins the primary, he will be able to bring establishment and conservative factions of the party together in large measure.

One of the biggest problems for Cruz and the party (if he were to win the primary) is that the news media and Hollywood have already been very successful in stereotyping Cruz as a religious kook.

Remember, most average voters are not following the inside baseball of the campaign and will not make their minds up until after the primaries are over. These voters are most susceptible to the news and Hollywood propaganda.

CHRIS CHRISTIE - Christy is a Republican Governor in a state that is very liberal and dominated by Democrats (New Jersey). So, you would think he was a liberal Republican like Massachusetts Governor Charlie Baker. But, he's not. Christy is pro life, pro-gun (though he has been wishy-washy on guns in the past), is a former Federal Prosecutor who was appointed the day after the 911 attacks, and is the only candidate in the race who prosecuted terrorists. Unlike

most candidates, he says what he means and he means what he says.

In the GOP Civil War, Christy is a marked man in the right wing of the party. Most Tea Party members see him as a RINO because he doesn't tow the line 100% on ideological issues.

He got a bum rap by the news media which purposely misled people to believe he had something to do with a bridge being closed, and he also gets a bad rap for allegedly hugging President Obama when he visited New Jersey to give flood relief money to New Jersey residents displaced by a hurricane.

For the record, there was no hug, but to those who ferociously despise the president, his shaking the president's hand was all they needed to never want to support him for anything. If Christy is nominated, those voters will stay home.

As a leader, Christy is pragmatic. As a governor, he has shown leadership abilities in working with the Democrat legislature in New Jersey, and shown he has the ability to handle crisis management.

Christy wants to build a border wall, but has mocked Donald Trump for wanting to deport the illegal aliens who are already here. (he's wrong on that). He also supports the NSA (National Security Administration) and their efforts to use electronic surveillance in the war on terror. (Christy and Trump are the only two who hold this position).

Christy has the ability to defeat the Democrats in the final election if he can unify the party and bring an end (even temporarily) to the hostility within the party. He will have to meet with and take seriously the concerns of the Tea Party, and he will have to find a way to get Trump supporters (who seem to hate Christy) to fully support him and show up for the final election.

MARCO RUBIO - Rubio is a United States Senator from Florida, which is one of the most important states to win in a final presidential election. He is extremely socially conservative, fiscally conservative, and a Washington insider. But, for some reason, Rubio escapes most of the justified Tea Party vitriol heaped onto D.C. Republican insiders. Rubio's strength is foreign policy where he is unwavering in his commitment to fight terrorism, stopping Iran and fighting radical Islam.

Rubio is soft on illegal immigration, at least if you are a conservative. In the wider spectrum of public opinion, he is far more moderate than he is portrayed to be. He not only won't deport illegal aliens, but he also favors allowing, "anchor babies and dreamers" (those who were brought here illegally as children through no fault of their own, or were born to illegal aliens), to stay in the country. And while this is something I agree with Rubio on, most GOP voters do not.

His biggest strength is his potential choice for Supreme Court Justice. Because Rubio is a constitutionalist (at least he has been so far) his choice for the Supreme Court will be someone who believes the constitution says what it means and means what it means.

As for unifying the party, Rubio is a Washington insider but he represents the values of the Washington outsiders, and very well could bring the Tea Party and the social conservatives together with the moderate, (so called RINO establishment) Republicans. Rubio's problem is that he has no executive experience; he is weak on domestic policy, and his chance of defeating the Democrats is questionable.

WRAP UP

In the end, if you are taking a Republican ballot in February (NH) or March (MA), whomever you vote for, remember these few things ...

A candidate who holds the same positions as you, may not see your issues as much of a priority as you do. Listen to the candidate debates and see how much time they spend on the issues you care about most. If a candidate mentions your key issue once or twice but elaborates more on other issues, there is a good chance that candidate will not fight as hard as hard as you want them to if they get elected.

Most of all, DO NOT rely on television news for all your information on the presidential race. Twitter and Google are your best resources for finding out the truth about what the candidates are really saying, (without news media editing) what they mean, and what their positions really are. The news media (particularly television) are not objective referees giving you objective information about these candidates. But the information IS out there if you care enough about your country to do a little homework.

Happy voting.



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TV TALK: FROM PAGE 20

CRUZ: FROM PAGE 7

work, but Better Call Saul stood on its own. The series about how Jimmy McGill transformed into Saul Goodman was a tremendous accomplishment for Vince Gilligan. Jonathan Banks and Bob Odenkirk were outstanding. The show proved to be a worthy successor to Breaking Bad.

2. The Americans (FX) - The third season of FX's amazing Cold War drama upped the stakes by letting the Jennings' daughter, Paige, in on their secret, and by letting Phillip's fake wife, Martha discover that "Clark" wasn't who she thought he was. Keri Russell and Matthew Rhys are as good as any actors on TV.

And my pick for the best TV series of 2015 is....

1. The Leftovers (HBO) – HBO's haunting and profound post-rapture series second season introduced a new family and a new town while weaving its original characters in and out of the story as well. The cast doesn't have a weak spot, and the ending was unexpectedly uplifting. Justin Theroux turned in the year's most impressive, heart-wrenching performance.

Just missing my list: The Knick, Life In Pieces, Mad Men, Bosch.

Do you have any questions about TV? Email me at BillsTVTalk@gmail.com. I will answer all of your questions and will feature some of the questions I receive in a future column.

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HILLBILLY: FROM PAGE 6

henchman or worse... Both? How does "Sid Vicious" Sidney Blumenthal sound? The same Sid that was banned by the Obama White House, who advises Hillary and her husband on everything from Republicans, to demonize, to Benghazi. Will he become White House Press Secretary or Secretary of State? How would Al Gore sound as head of the EPA? Would poor farmers become poorer and have to pay emission taxes for their cows breaking wind? How about Bill's dysfunctional brother, Roger "I sell Presidential Pardons" Clinton, for Attorney General sound? The list would go on and on...

As the father of two girls, I really do hope (and no reference to Hope, Arkansas implied here or the hopey changy thing) that the United States will one day elect a woman President. However, we shouldn't be desperate to check off the "We finally have a woman for President" box with Hill-Billy though. Women everywhere deserve better and Hillary doesn't deserve the office or the "first" designation. In my opinion it's worth being patient.

I'll be honest... I'll never vote for Hillary Clinton, partly because Bill comes with the package and I just don't trust either one of them. The other part is that that Hill-Billy haven't had a good track record together at all.

The Democrats have safer choices. Let's not threaten the safety of the silverware on Air Force One... Again. Our national security shouldn't be up for sale... Again. The Clinton Foundation and family shouldn't profit from the Whitehouse... Again.

And please, no offense to Hillbilly's anywhere in this country, but know this.... Hill-Billy won't do anything to improve your circumstances either. An Obama third term would only bring more jail time for your unregulated moonshine and higher taxes to your fiddle strings. So to hillbilly's and Democrats everywhere, "Feel the Bern" and don't get burn't with Hillary... Again.

MEDICINE: FROM PAGE 25

retrieving their medical license.

The Board violates all laws and even conceals documents from the Supreme Judicial Court on behalf of Big Pharma and the hospitals. This sort of retaliation is so routine it never gets any press.

The Board attacks only honest doctors who protect patients. If the doctor is a confirmed serial rapist like Dr. David Victor (26 known victims) or has received numerous complaints from women like Dr. Roger Hardy, who ran away to Thailand, the Board has allowed them to practice for years and years. Dr. Hardy made lots of money for his employers, which was the important thing. Money. The Board refused to touch him.

For the Board to yank your license or a hospital to send guards after you, you need to be honest, care about patients and be a threat to hospitals making money.

Bharani Padmanabhan MD PhD is a neurologist specializing in multiple sclerosis in the Boston area. scleroplex@gmail.com

cies "Conservative" (and who is to blame them if he is our nominee?) whether they are conservative or not. When his policies fail, conservatism will be blamed. The damage to the conservative cause will be immense.

So who is the best candidate for true conservatives?

With instincts developed over the last half century, I strongly support Ted Cruz. It is clear that he is an educated conservative who values Liberty and who understands both the Constitution (its original intent and its theory of operation) and free market economics. Critically, he understands and takes seriously the primary mission of government: protecting our liberties against threats both foreign and domestic.

Whom do you trust to stop the expansion of our national debt and reduce it while rapidly growing the economy?

Whom do you trust to replace ObamaCare with a free market healthcare system that works (not a re-designed government program)?

Whom do you trust to eliminate the 75,000-page income tax code and reign in the IRS's abuse of our liberties?

Whom do you trust to save Social Security for those retired or near retirement while transitioning future retirees to a system where they own the accounts and can pass their savings on to their heirs (instead of the government stealing their savings and replacing them with IOUs)?

Whom do you trust to eliminate the Department of Education and return control of teaching our children to the states?

Whom do you trust to tame the bureaucratic state that currently runs roughshod over our rights and to transfer control of lawmaking from unelected bureaucrats to the elected members of Congress?

Whom do you trust to appoint strict constructionists to the Supreme Court so that our Constitution will be upheld as originally intended?

Whom do you trust to re-build our military and foreign policy so that America is respected around the world (trusted by our allies and feared by our enemies)?

Whom do you trust? Yes, that is the question.

I'm not certain if Trump is our savior or if he is a charlatan. But I'm fairly certain that he is not prepared to succeed as a conservative president.

On the other hand, I am confident that Ted Cruz has the intellectual foundation and belief system needed to turn around much of the damage done to America over the last century.

I hope those who have found value in my columns over the last decade will support Ted Cruz. Among all the candidates, he has the best chance of being America's next Ronald Reagan.



Dr. Charles Ormsby served two terms on the North Andover School Committee, co-founded the North Andover Taxpayers Association, is a co-founder of and columnist for The Valley Patriot, broadcasts weekly opinion pieces for WCAP (980 AM) in Lowell, and is a faculty member in the Department of Mathematical Sciences at the University of Massachusetts Lowell. Dr. Ormsby is a graduate of Cornell and has a doctorate degree from MIT. You can email him at ccormsby@verizon.net



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